



2010 NUTRIENT GUIDELINES

AMINO-ACID TO LYSINE RATIOS (8-PHASE PROGRAM)

TOTAL AMINO-ACIDS

	Diet #1	Diet #2	Diet #3	Diet #4	Diet #5	Diet #6	Diet #7	Diet #8
Arginine	100%	100%	100%	100%	100%	100%	100%	100%
Threonine	61%	61%	62%	62%	62%	62%	65%	65%
Valine	71%	71%	73%	73%	73%	73%	78%	78%
Isoleucine	60%	60%	60%	60%	60%	60%	60%	60%
Tryptophan	17%	17%	16.5%	16%	16%	15.5%	15.5%	15%

AVAILABLE AMINO-ACIDS

	Diet #1	Diet #2	Diet #3	Diet #4	Diet #5	Diet #6	Diet #7	Diet #8
Arginine	101%	101%	101%	101%	101%	101%	101%	101%
Threonine	59%	59%	60%	60%	60%	60%	63%	63%
Valine	70%	70%	71%	71%	71%	71%	76%	76%
Isoleucine	62%	62%	62%	62%	62%	62%	62%	62%
Tryptophan	16.5%	16.5%	16%	16%	15.5%	15.5%	15%	15%