

Supplemental Table 1. Amino acid composition of the protein beverages

	MCas	Whey	Blend
EAA			
Histidine	0.7	0.5	0.6
Isoleucine	1.3	1.4	1.3
Leucine	2.2	3.0	2.6
Lysine	2.0	2.5	2.2
Methionine	0.7	0.6	0.6
Phenylalanine	1.2	1.0	1.1
Threonine	1.0	1.2	1.1
Tryptophan	0.4	0.7	0.6
Valine	1.5	1.3	1.4
NEAA			
Alanine	0.7	1.0	0.9
Arginine	0.9	0.6	0.8
Aspartic Acid	1.7	2.7	2.2
Cysteine	0.1	0.7	0.4
Glutamic Acid	5.3	4.3	4.8
Glycine	0.4	0.4	0.4
Proline	2.4	1.3	1.8
Serine	1.2	1.0	1.1
Tyrosine	1.4	0.9	1.1
Σ BCAA	5.0	5.7	5.4
Σ EAA	11.0	12.1	11.5
Σ AA	25.0	25.0	25.0

Amounts are in g per 25 g protein. Abbreviations: BCAA, branched-chain amino acid; EAA, essential amino acid; NEAA, non-essential amino acid.