

The amino acid content of 10 grams of hydrolyzed fish collagen from the skins of deep-sea and cold-water marine fish.

Amino Acid	Amount per 10 g of Fish Collagen, mg
Aspartic Acid	370
Glutamic Acid	680
Hydroxyproline	550
Serine	630
Glycine	3470
Histidine	150
Arginine	620
Threonine	330
Alanine	1090
Proline	980
Tyrosine	30
Valine	160
Methionine	120
Cystine	0
Isoleucine	100
Leucine	180
Hydroxylysine	90
Phenylalanine	130
Tryptophane	0
Lysine	320
<b>Total:</b>	<b>10 000 mg</b>