

The effect of specific bioactive collagen peptides on function and muscle remodeling during human resistance training

BALSHAW, Thomas G., FUNNELL, Mark P., MCDERMOTT, Emmet, MADEN-WILKINSON, Tom <<http://orcid.org/0000-0002-6191-045X>>, ABELA, Sean, QUTEISHAT, Btool, EDSEY, Max, JAMES, Lewis J. and FOLLAND, Jonathan P.

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Supplementary material 3. Amino acid composition of the bioactive collagen peptide supplement.

	Weight (%)
Hydroxyproline	11.3
Aspartic acid	5.8
Serine	3.2
Glutamic acid	10.1
Glycine	22.1
Histidine	1.2
Arginine	7.8
Threonine	1.8
Alanine	8.5
Proline	12.3
Tyrosine	0.9
Hydroxylysine	1.7
Valine	2.4
Methionine	0.9
Lysine	3.8
Isoleucine	1.3
Leucine	2.7
Phenylalanine	2.1