

**Blue Green Algae**  
*(Aphanizomenon flos aquae)*

Amino acids	g/100g
(Essential in Diet)	
Arginine	2.9
Histidine	0.9
Isoleucine	2.5
Leucine	4.3
Lysine	2.9
Methionine	0.9
Phenylalanine	2.1
Threonine	2.9
Tryptophan	0.6
Valine	2.9
Asparagine	4.9
Alanine	3.9
Glutamine	7.8
Cystine	0.3
Glycine	2.3
Proline	2
Serine	2.5
Tyrosine	1.6
Aspartic Acid	4.6
Glutamic Acid	4.9

