

**Supplementary Table 2.** Amino acid profiles of the whey and soy protein drinks

Amino Acid (g)	<b>0 g</b> <b>(n = 10)</b>	<b>W20</b> <b>(n = 10)</b>	<b>W40</b> <b>(n = 10)</b>	<b>S20</b> <b>(n = 10)</b>	<b>S40</b> <b>(n = 10)</b>
Isoleucine	-	1.4	2.8	1.0	2.0
Leucine	-	2.0	4.0	1.6	3.2
Lysine	-	1.8	3.6	1.3	2.6
Methionine	-	0.4	0.8	0.3	0.6
Threonine	-	1.4	2.8	0.7	1.4
Phenylalanine	-	0.6	1.2	1.0	2.0
Tryptophan	-	0.4	0.8	0.2	0.4
Valine	-	1.2	2.4	1.0	2.0
Histidine	-	0.4	0.8	0.5	1.0
Alanine	-	1.0	2.0	0.9	1.8
Arginine	-	0.4	0.8	1.5	3.0
Aspartic acid	-	2.2	4.4	2.3	4.6
Cystine	-	0.4	0.8	0.2	0.4
Glutamic acid	-	3.4	6.8	3.8	7.6
Glycine	-	0.4	0.8	0.8	1.6
Proline	-	1.2	2.4	1.0	2.0
Serine	-	0.8	1.6	1.1	2.2
Tyrosine	-	0.6	1.2	0.8	1.6
Total EAA	-	9.2	18.4	7.1	14.2
Total BCAA	-	5.2	10.4	3.9	7.8
Total AA	-	20.0	40.0	20.0	40