



VEGA

TECHNICAL
DATA SHEET

MYCORENA

Promyc Mycoprotein

Nutritional Composition

Promyc Vega Nutritional Content

(per 100g of textured product)

Energy (kJ)	350 kJ
Energy (kcal)	85 kcal
Protein	15,07 g
Fiber	3,08 g
Fat	1,49 g
Saturated fat	0,34 g
Monounsaturated fat	0,40 g
Polyunsaturated fat	0,68 g
Carbohydrates	0,94 g
Sugar	<0,30 g
Salt	0,3 g



Nutritional Content as Dry/Powder Promyc

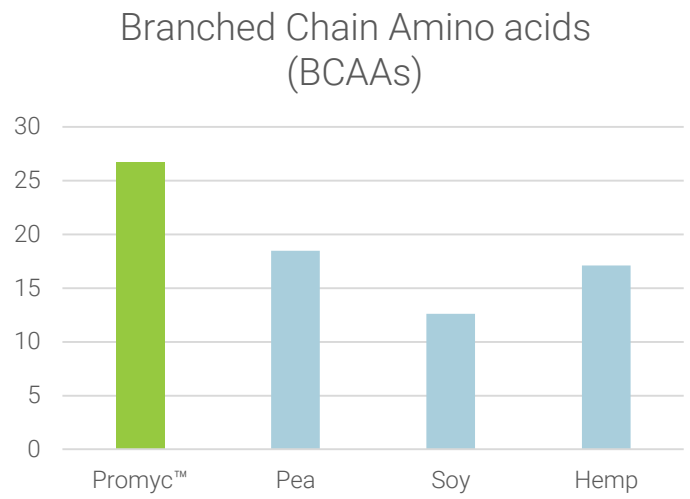
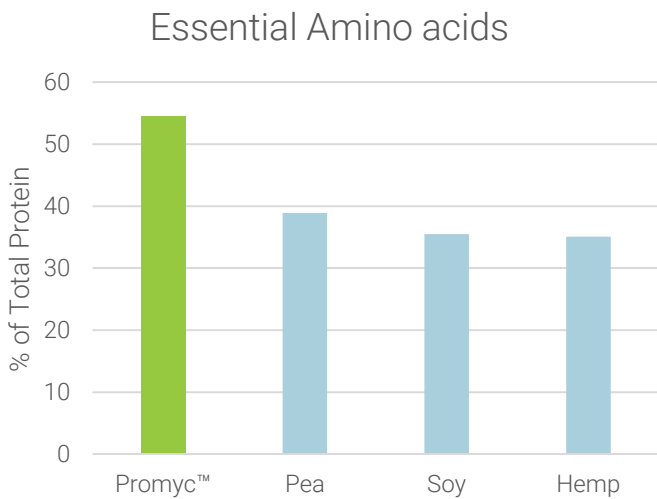
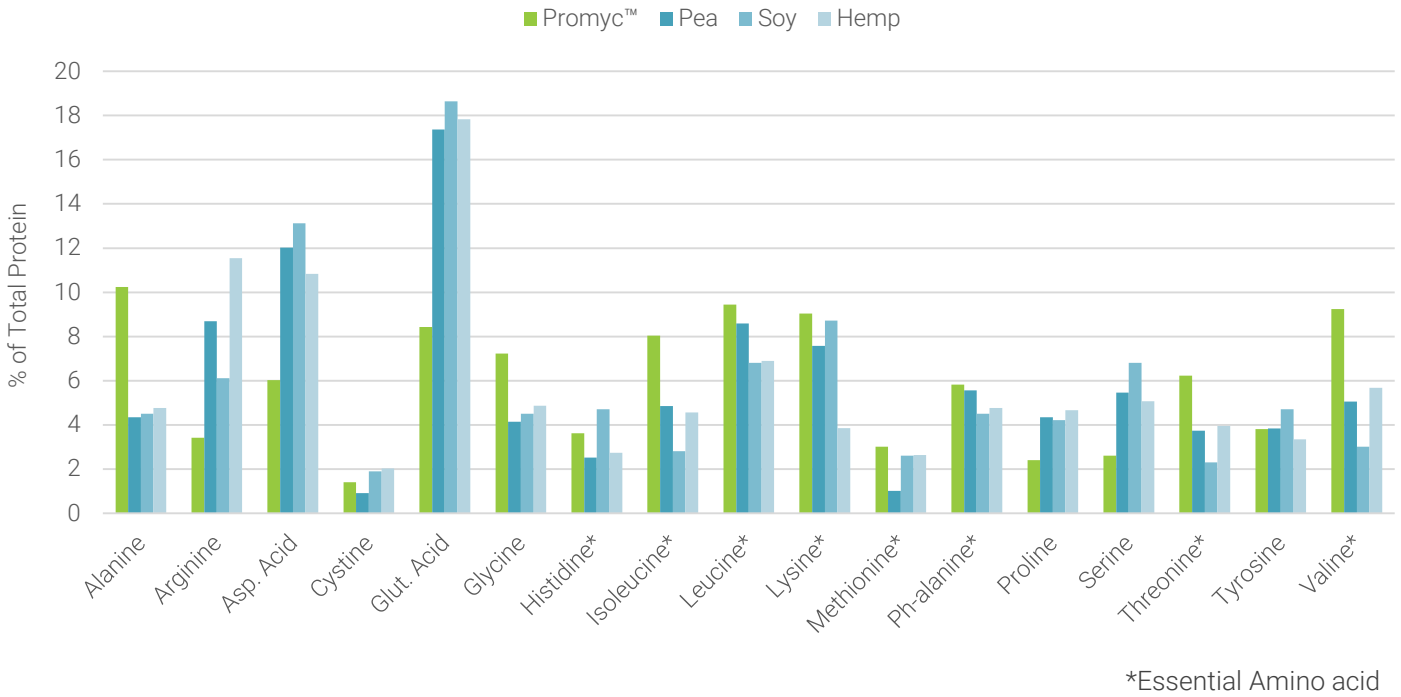
(per 100g of powder/dry product)

Protein	60,29 g
Fiber	12,3 g
Fat	5,97 g
Carbohydrates	3,74 g
Salt	1,19 g



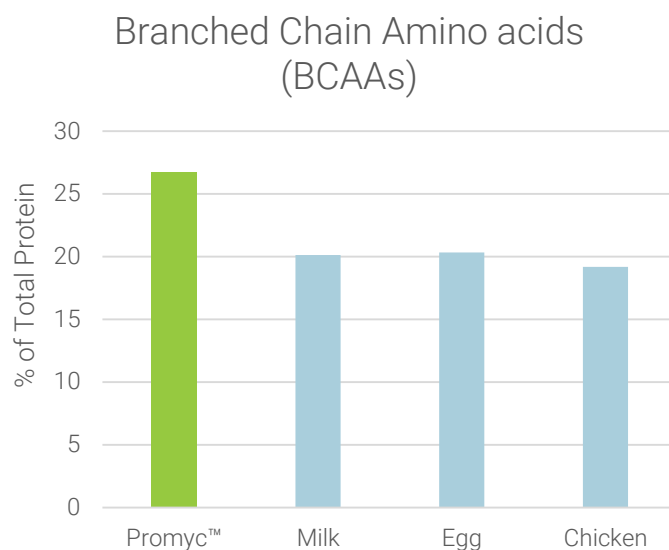
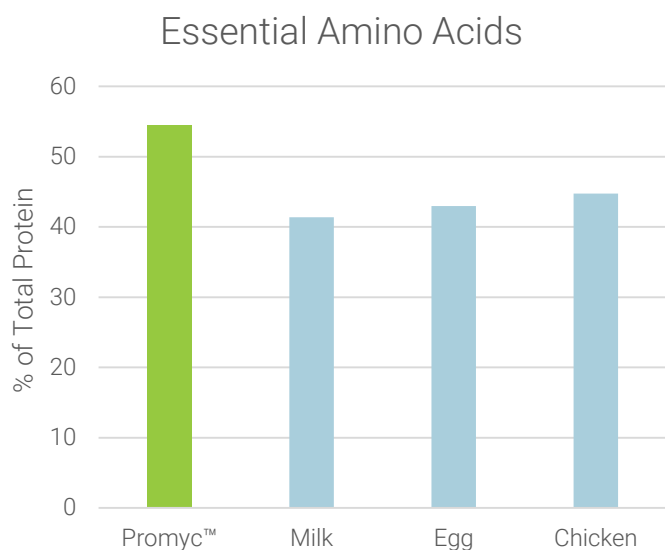
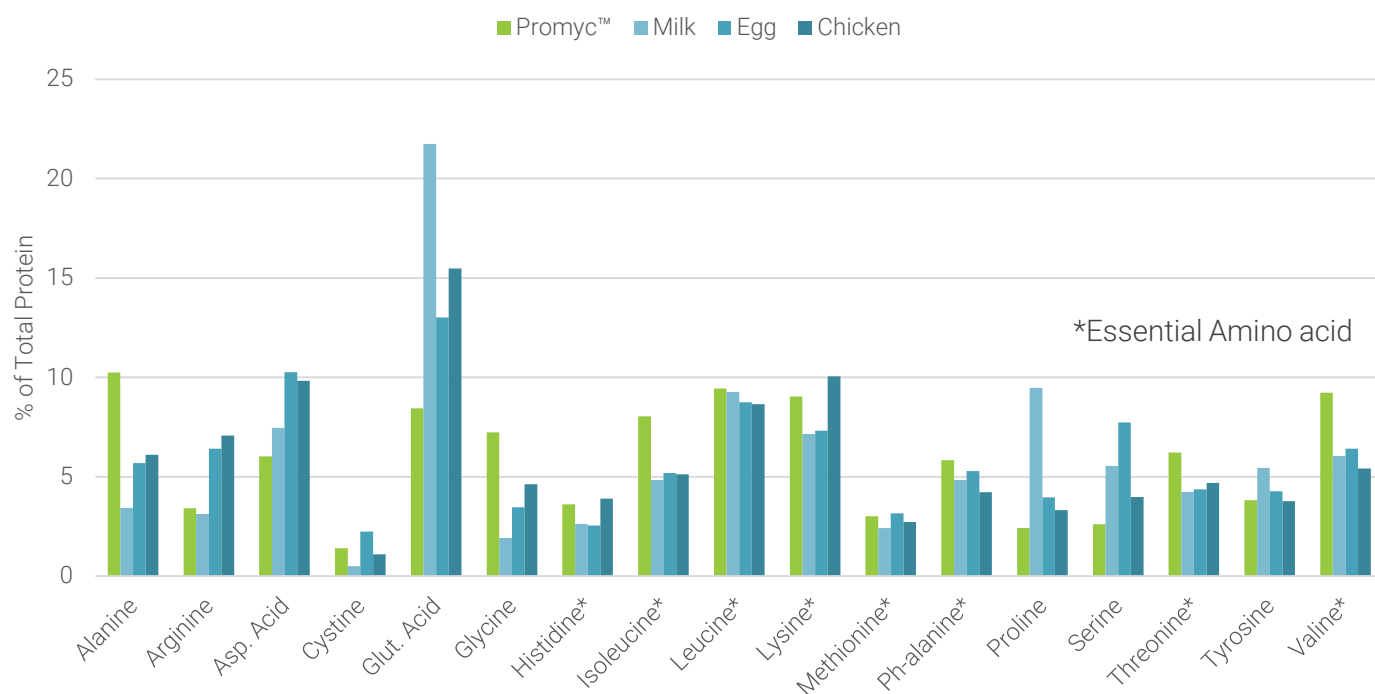
Amino acid Profile

Plant Protein Comparison



Amino acid Profile

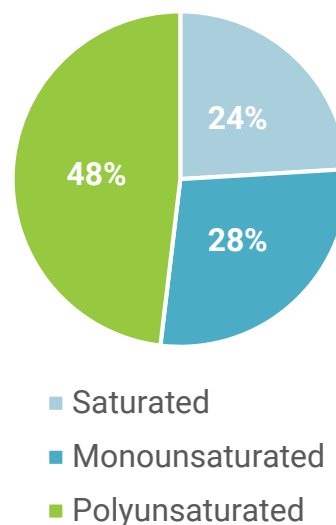
Animal Protein Comparison



Promyc is a protein of the highest quality as shown by analysis of the amino acid composition. It has an essential amino acid content of 54,4%, which is higher than all the most commonly consumed sources of protein, animal or plant-based. Additionally, 26,7% of its aminoacids are branched-chain amino acids, proteinogenic aminoacids that favour muscle building and are therefore beneficial for fitness products and supplements.

Fatty Acid Profile

Omega 6 fatty acids	44,1%	C 20:0	<0.05%
Omega 3 fatty acids	<0.2%	C 20:1	<0.05%
C 6:0	<0.05%	C 20:2	<0.05%
C 8:0	<0.05%	C 20:3 n-3	<0.05%
C 10:0	<0.05%	C 20:3 n-6	<0.05%
C 12:0	<0.05%	C 20:4 n-6	<0.05%
C 14:0	0.05%	C 20:5 n-3	<0.05%
C 14:1 n-5	<0.05%	C 21:0	<0.05%
C 15:0	<0.05%	C 22:0	<0.05%
C 15:1 n-5	<0.05%	C 22:1 n-9	<0.05%
C 16:0	13.3%	C 22:2	<0.05%
C 16:1 n-7	5.93%	C 22:6 n-3	<0.05%
C 17:0	<0.05%	C 23:0	<0.05%
C 17:1 n-7	<0.05%	C 24:0	1.53%
C 18:0	4.49%	C 24:1	<0.05%
C 18:1 n-9c	25%	Trans fatty acids	<0.05%
C 18:2 n-6t	<0.05%		
C 18:2 n-6c	29.7%		
C 18:3 n-3	<0.05%		
C 18:3 n-6	14.3%		



Mycotoxin Testing

Aflatoxin B1	<0.30	µg/kg
Aflatoxin B2	<0.30	µg/kg
Aflatoxin G1	<0.30	µg/kg
Aflatoxin G2	<0.30	µg/kg
Sum Aflatoxins	<1.2	µg/kg
Ochratoxin A	<0.15	µg/kg

Result

All mycotoxin values are safely below all EFSA safety limits for mycotoxin presence

Allergies Considerations

Promyc Vega is a fungi-based product and thus it is usually regarded safe for people with allergies to most plant-based protein allergies such as soy, pea, chickpea and lentils. However, it could cause allergic reactions for individuals that are generally allergic to mold.

The above allergies considerations are for the standard product Promyc Vega. Specially designed Promyc products using new industrial side-streams might bring other issues to be considered in a case-by-case basis.

Always consider that Promyc is a product in development and the risks associated with consumption of test samples are at this stage not responsibility of Mycorena.