

**Table 1.** *Major chemical components of a typical sample of lean red meat post-rigor*

Component	% (w/w)	Component	% (w/w)
Protein	20	Nicotinamide nucleotides	0.3
Lipid	3	Glycogen	Up to 0.1
Lactic acid	Up to 0.9	Monosaccharides	Up to 0.3
Amino acids	0.4	(including phosphorylated forms)	
Creatine	0.5	ATP degradation products	0.3
Anserine/carnosine	0.3	Water	75