Use the following formula to calculate the estimated average requirement for protein for Sam, who has a mass of 63 kg.  $0.6 \times 10^{-2} = 10^{-2} \times 10^{-2} = 10^{-2} \times 10^{-2} \times 10^{-2} \times 10^{-2} = 10^{-2} \times 10^{-2} \times 10^{-2} \times 10^{-2} = 10^{-2} \times 10^{-2} \times$