

form

body-building, recovery-promoting
vegan-powered protein



what is form?

FORM is a plant and seed-based protein supplement designed for ultimate performance. Its unique blend of ingredients allows it to promote muscle growth, decrease recovery time, and aid in essential, post-workout nourishing. No other protein has this complete of a nutrient profile.

how does form help your body?

Our vegan protein is a complete body builder. It builds muscles naturally, and its plant-powered protein is highly bioavailable, allowing your body to utilize it more efficiently and completely. Additionally, its seed-powered ingredients work to provide BCAAs that aid recovery, antioxidants that protect, and fatty acids that work to build and nourish. FORM truly is a do-it-all protein supplement.

form's bcaa profile

BCAA is an acronym that stands for Branch Chain Amino Acid. These amino acids are building blocks of protein and, when broken down in this form, act as potent muscle builders and components of recovery. Each serving of FORM has more than 3g of natural BCAAs, including 8 essential amino acids your body can't create. It's difficult to find any protein on the market with a BCAA profile this robust. And that is the true power of seed-based nutrition.



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Supplement Facts

Servings Per Container: 15

Serving Size: 1 stick (34 g)

Amount Per Serving

Calories **125**

% Daily Value*

Total Fat 2 g 3%

Saturated Fat .2 g 1%

Polyunsaturated Fat 1.2 g †

Trans Fat 0 g †

Cholesterol 0 mg 0%

Sodium 150 mg 6%

Potassium 20 mg 1%

Total Carbohydrate 8 g 3%

Dietary Fiber 4 g 14%

Sugars 0 g †

Added Sugars 0 g †

Protein 20 g 40%

Plant Based Nutrition Complex 33,520 mg †

Pea Protein, Whole Chia Seeds, Cocoa With Alkali, Raw Cocoa, Cinnamon Bark, FiberSMART™ Soluble Corn Fiber, Sacha Inchi Protein, Cranberry Seed, Hemp Protein, Pumpkin Seed, Grape Seed, Inulin, Jerusalem Artichoke

Vitamin C (as ascorbic acid) 90 mg 100%

Calcium (as chia, calcium citrate) 70 mg 5%

Magnesium (magnesium oxide) 33 mg 8%

* % Daily Value (DV) based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Stevia Extract, Sea Salt, Xanthan Gum

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Supplement Facts

Servings Per Container: 15

Serving Size: 1 stick (31.7 g)

Amount Per Serving

Calories **115**

% Daily Value*

Total Fat 2 g 3%

Saturated Fat .2 g 1%

Polyunsaturated Fat 1.2 g †

Trans Fat 0 g †

Cholesterol 0 mg 0%

Sodium 115 mg 5%

Potassium 20 mg 1%

Total Carbohydrate 6 g 2%

Dietary Fiber 3 g 11%

Sugars 0 g †

Added Sugars 0 g †

Protein 20 g 40%

Plant Based Nutrition Complex 30,800 mg †

Pea Protein, Whole Chia Seeds, Cinnamon Bark, FiberSMART™ Soluble Corn Fiber, Sacha Inchi Protein, Cranberry Seed, Hemp Protein, Pumpkin Seed, Grape Seed, Inulin, Jerusalem Artichoke

Vitamin C (as ascorbic acid) 90 mg 100%

Calcium (as chia, calcium citrate) 65 mg 5%

Magnesium (magnesium oxide) 16 mg 4%

* % Daily Value (DV) based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Stevia Extract, Sea Salt, Xanthan Gum

key ingredients

pea protein: A power-packed protein whose natural profile allows for easy absorption and anabolic gains. This ingredient is also powerful because it provides high yield with minima caloric intake.

chia seed: Contains high levels of polyunsaturated and monounsaturated fatty acids, as well as key vitamins that assist in healthy body function. Additionally, its antioxidant profile helps ward off damaging free-radicals to aid recovery.

sacha inchi protein: An incredibly robust, all-natural protein profile that provides all eight essential amino acids that the human body cannot create itself.

inulin: A natural fiber that aids digestion and protein absorption. This not only increases your gain potential, but helps your body feel and function great.

for more ingredient information, see our site.

