



form

Performance Protein

Performance is the perfect post-workout vegan protein powder

Formulated with 30g of plant-based protein and Curcumin, it helps you build muscle, recover and meet your training goals quicker in one easy shake that tastes amazing, even with just water.

- Banoffee, Choc Hazelnut, Choc Peanut, Tiramisu & Vanilla flavours
- 30g of multisource vegan protein powder
- Complete amino acid profile with 5g BCAAs per serving
- Supports the growth and maintenance of muscle mass
- Curcumin and black pepper extract
- Digestive enzymes
- All natural
- No artificial flavours, artificial sweeteners or added sugar
- 100% plastic free, compostable packaging
- No plastic scoops, for use with tablespoons





Our own blend of organic pea protein with brown rice and pumpkin seed proteins

Form vegan protein is specially formulated to provide a complete spectrum of amino acids with excellent mouthfeel and superior mixability, making it possible to omit the use of thickeners and emulsifiers.

By providing sufficient amounts of all amino acids, and especially the key 9 'essential' amino acids which cannot be synthesised by the body, our protein blend ensures optimal muscle growth and repair plus sustained energy throughout the day.

Studies have shown vegan protein powder is just as effective as animal sources in terms of body composition, muscle growth and strength. So making a mindful choice with Form's great tasting Performance Protein comes with no compromises. As Men's Health say, these are 'gains you can feel good about'.



5g of BCAAs for muscle growth and repair

Our multisource vegan protein powder blend is formulated to provide a complete amino acid profile including 5g of Branch Chain Amino Acids (BCAA) to support new muscle growth and maintain a state of muscle protein synthesis.



Curcumin C3 and BioPerine® to aid recovery

Curcumin C3 Complex comprises the active ingredient in turmeric and is a proven anti-inflammatory, antioxidant and immunity booster. Our Performance Protein combines this potent compound with an effective dose of BioPerine®, an extract from black pepper proven to increase bioavailability (absorption of nutrients), increasing the benefits to you.



Digestive Enzymes for better digestion

Bloating and uncomfortable digestion can be a common problem with many protein powders. We add the enzymes Amylase, Protease, Lactase, Lipase and Cellulase to aid and boost your natural digestion. No bloating, no uncomfortable stomach.



Naturally sweetened with stevia and thaumatin

Our innovative sweetener blend combines stevia leaf extract and thaumatin, a protein from the African Katemfe fruit. The combination of all natural sweeteners provides a unique flavour profile and rounded taste.



100% plastic free, compostable packaging

Our 520g pouches are fully EN certified compostable. As part of this move to be completely plastic free we've also removed plastic scoops. Usage instructions are updated on these new packs to reflect this.

Usage:

Mix 40g (2 tablespoons) with 300ml water or your preferred non-dairy milk. If you're feeling more adventurous, incorporate into your favourite smoothie. The amount and type of liquid you add will affect sweetness and thickness, so experiment and see what works best for you. Best served cold or with ice. Drink one or two servings a day either between meals or after exercise.

Ingredients:

Organic Pea Protein Isolate, Fat Reduced Cocoa Powder (7%)*, Natural Flavouring (contains Peanuts)**, Brown Rice Protein, Pumpkin Seed Protein, Sea Salt, Digezyme® (Amylase, Protease, Lactase, Lipase, Cellulase), Sweetener (Stevia, Thaumatin), Curcumin C3, Bioperine® (Black Pepper Extract)

Allergy advice: Contains Peanut Flavouring**

**Chocolate Peanut only

*Chocolate Hazelnut, Chocolate Peanut & Tiramisu only

Nutritionals

	Choc Peanut/ Tiramisu	Vanilla	Banoffee	Choc Hazelnut
Amount per Serving (40g)	Serving (40g)	Serving (40g)	Serving (40g)	Serving (40g)
Energy kJ	645	622	624	606
Energy kcal	154	149	149	145
Fat, g	2.9	3.0	2.2	2.4
of which saturates, g	0.2	0.2	0.4	0.6
Carbohydrate, g	2.0	0.4	1.0	1.7
of which sugars, g	0.1	0	0.1	0.2
Protein, g	30	30	30	30
Salt, g	1.0	1.0	1.2	1.3

Contains 13 servings per pack



Vegan



Dairy Free



Gluten Free



Non GMO



Compostable Pack



"Trust us when we say,
it's delicious"

Women'sHealth



"The perfect
post workout"

GQ