



Protein Bar

Your new gym-bag essential. A genuinely enjoyable protein bar in a world where most aren't.

Form's Protein Bar delivers 15g of plant-based protein in a delicious, convenient format designed to support your goals wherever the day takes you. Low carb, with just 1g of sugar and high in fibre, it's perfect post-workout or as a tasty, nourishing snack anytime, anywhere.

- 15g protein to fuel energy, recovery & satiety
- 12g prebiotic fibre from chicory root
- Only 1g sugar for a balanced snack without the crash
- No artificial flavours, artificial sweeteners or added sugar
- Chocolate Peanut, Chocolate Salted Caramel flavours



A protein bar that's actually a protein bar – not a carb, sugar or fat bar.

While most protein bars might contain more carbs or sugar than protein, the Form Protein Bar is high in protein while being low in carbs and sugar.

Crafted with our signature approach to quality nutrition, each bar provides a generous 15g protein with no compromise on taste, texture or macros. Ideal as a quick pick-me-up between meals, a smart on-the-go option, or as a post-workout refuel when you don't have time to shake things up.

With a delicious chocolate casing, indulgent bite and excellent macros, the Form Protein Bar makes it effortless to fuel well, recover well and feel your best, all in one convenient bar.



15g plant-based protein for muscle growth and repair

While many protein bars top out at around 10g per bar, the Form Protein Bar contains a category leading 15g from pea and pumpkin seed proteins making it ideal post workout or anytime you need a healthy, filling snack.



High in fibre with 12g fibre per bar from chicory root

Chicory root is naturally rich in inulin, a prebiotic fibre that supports a healthy gut and helps you feel fuller for longer. This helps feeds beneficial gut bacteria, encouraging the production of short-chain fatty acids that support digestion and overall wellbeing.¹ It also slows carbohydrate absorption, helping maintain more stable energy without the spikes linked to high-sugar snacks.



Low in sugar and low in carbohydrates

If you're a regular reader of protein bar labels you know most are more carbs or sugar than protein, especially if they're made from dates or other fruit bases. The Form Protein bar is just 1g sugar per bar and 7g carbs, meaning it's a protein bar that really is a protein bar, not a carb or sugar bar.



A protein bar that tastes as good as it performs

If you know the average protein bar you know the deal, chalky, chewy, or sweet enough to pass for dessert. The Form Protein Bar hits different. Wrapped in a smooth chocolate casing for real indulgence, it features a luscious caramel layer and the kind of crunch you crave, thanks to crispy protein bites layered throughout.

Every bite strikes the perfect balance of texture and taste – soft enough to sink your teeth into, but with enough going on to keep things interesting. It's the protein bar for people who thought they didn't like protein bars.

Ingredients:

Chocolate Peanut Flavour

Chicory Root Fibre, Pea Protein Nuggets (Pea Protein Isolate, Pea Protein Concentrate, Tapioca Starch), Pea Protein Isolate, Dark Chocolate Flavour Coating with Sweetener (15%) (Cocoa Mass, Sweetener: Xylitol; Cocoa Butter, Emulsifier: Lecithin), Beet Fibre, **Almond** Paste, Humectant: Vegetable Glycerine; Emulsifier: Sunflower Lecithin; Pumpkin Seed Protein, Sunflower Oil, Cocoa Butter, Thickener: Gum Acacia; Water, Natural Flavouring, Green Tea Extract, Stevia Extract (Steviol Glycosides), Salt, Acidifying Agent: Citric Acid. **Allergens in bold.**

Chocolate Salted Caramel Flavour

Chicory Root Fibre, Pea Protein Nuggets (Pea Protein Isolate, Pea Protein Concentrate, Tapioca Starch), Dark Chocolate Flavour Coating with Sweetener (15%) (Cocoa Mass, Sweetener: Xylitol; Cocoa Butter, Emulsifier: Lecithin), Pea Protein Isolate, Humectant: Vegetable Glycerine; Beet Fibre, **Almond** Paste, Emulsifier: Sunflower Lecithin; Pumpkin Seed Protein, Sunflower Oil, Cocoa Butter, Thickener: Gum Acacia; Natural Flavouring, Reduced Fat Cocoa Powder, Water, Green Tea Extract, Stevia Extract (Steviol Glycosides), Salt, Acidifying Agent: Citric Acid. **Allergens in bold.**

Nutritionals

	Chocolate Peanut	Chocolate Salted Caramel
Amount per	Per Bar (50g)	Per Bar (50g)
Energy kJ	827	826
Energy kcal	198	197
Fat, g	10	10
of which saturates, g	3.3	3.3
Carbohydrate, g	7	8
of which sugars, g	1.4	1.4
Fibre, g	12	12
Protein, g	15	15
Salt, g	0.1	0.1



VEGAN



DAIRY FREE



GLUTEN FREE



SOY FREE



HIGH PROTEIN



HIGH FIBRE



LOW SUGAR



DELICIOUS FLAVOURS