

# 100g FREE

Form Protein Matrix 3 is a mix of proteins of three sources: whey, milk and egg. These sources have various digestion rates and different amino acid profiles so combining them in one product gave us a perfect, well-balanced protein formula that is capable of feeding your muscles with amino acids for several hours and not just for 30-40 minutes as with whey protein alone. Form Protein Matrix 3 is perfect for dieting as well as muscle building phase of training.

Directions: Mix 1 serving of FORM PROTEIN MATRIX 3 (30 g or 3 tablespoons) in 300 ml of water or milk (1,5% Fat). Consume 1-3 servings daily.

PROTEIN POWDERS

WE RECOMMEND TO COMBINE THIS PRODUCT WITH THE FOLLOWING PRODUCTS OF OUR FORM LABS PROLINE



Premium quality whey protein concentrate



Branched chain amino acids - leucine, isoleucine and valine



Premium quality creatine monohydrate

- DAILY ✓
- MORNING ✓
- BEFORE TRAINING ✓
- DURING TRAINING ✓
- AFTER TRAINING ✓
- BEFORE BEDTIME ✓



# PROTEIN MATRIX 3

**1000 G** 3 SOURCES OF PROTEIN

**33** SERVINGS

Banana FLAVOR

- *Balanced Amino Acid Profile*
- *Sustained Release Formula*



**Supplement Facts**  
Serving Size: 30 g Servings per container: 33

	Amount per 100 g of product	Per serving (30 g in 300 ml of 1,5% fat milk)
Energy value	1731 kJ 409 kcal	1102 kJ 266 kcal
Protein	77 g	33 g
Total Carbohydrate	7.9 g	17 g
Sugars	6.5 g	16 g
Total Fat	5.5 g	6.5 g
Saturated fatty acids	4.5 g	4.1 g
Dietary Fiber	0.0 g	0.0 g
Sodium	0.2 g	0.2 g

SERVING CONTAINS A TOTAL OF:

Energy value	Protein	Carbo- hydrates	Fat	Sodium
266 kcal	33 g	17 g	6.5 g	0.2 g

VITAMINS: PER 100 G POWDER:

Vitamin B1	4.2 mg
Vitamin B2	4.8 mg
Niacin	54 mg
Pantothenic Acid	18 mg
Vitamin B6	6 mg
Folic Acid	600 mkg
Vitamin B12	3 mkg
Vitamin C	180 mg
Vitamin E	30 mg
Biotin	0.45 mg

Typical Amino Acid Profile per 100 g powder:

L-Alanine	3.6 g
L-Aspartic Acid	7.6 g
L-Glutamic Acid	14 g
L-Histidine	1.5 g
L-Leucine	7.5 g
L-Methionine	1.7 g
L-Proline	4.9 g
L-Threonine	4.9 g
L-Tyrosine	2.6 g
L-Arginine	2.0 g
L-Cysteine	1.8 g
Glycine	1.3 g
L-Isoleucine	4.5 g
L-Lysine	7.4 g
L-Phenylalanine	2.8 g
L-Serine	3.9 g
L-Tryptophan	1.3 g
L-Valine	4.4 g

INGREDIENTS: whey protein concentrate, calcium caseinate, egg protein, banana powder, flavor, guar gum, vitamin mix (ascorbic acid, niacin, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, thiamine nitrate, riboflavin, folic acid, biotin, cyanocobalamin), sweetener: aspartame.

Warning: This product is not intended for use by those with a serious medical condition or pregnant or lactating women. Consult your physician before use. Do not exceed recommended daily dosage. Keep out of reach of children. Store in a cool dry place. This product is not intended to diagnose, treat cure or prevent any disease.



SHELF LIFE: SEE LID.

Manufactured in Germany  
Formulated & Distributed by FORM LABS



FORMLABS.UA



SCAN AND LEARN MORE ABOUT THIS PRODUCT



4 018209 100885