TO PROVE THAT SEEDS REALLY ARE THE MOST POWERFUL SOURCE OF NUTRITION, WE MADE A PROTEIN POWDER OUT OF THEM. INTRODUCING, ONE OF THE MOST POWERFUL, ALL-NATURAL PROTEIN POWDERS ON THE MARKET: RAIN FORM. WE NOT ONLY CREATED A POWDER THAT TASTED GREAT, BUT TOOK IT FROM NATURE’S MOST CONCENTRATED SOURCES. THIS MAKES IT EASIER AND FASTER TO DIGEST, MAKING IT MORE BIOAVAILABLE FOR OPTIMAL MUSCLE GAIN, LEANNESS, AND FAT LOSS.

Dairy free / Gluten free / Vegan / Vegetarian / Low carb / Low calorie
All around superfood / No GMO’s / Paleo-approved / Hypoallergenic

The science behind weight and fat loss is simple and time tested: consume fewer calories than your body burns. Form is a fat reducing, muscle leaning supplement with only 105 calories per serving. It’s a premium nutritional product, which offers more than just pure protein. For those who want to lose weight, it provides an enjoyable meal replacement, while still providing your body with energy, nutrients, and fiber.

Form’s protein is highly bioavailable, which means it can be quickly absorbed into the body. It also contains a high concentration of branchedchain amino acids (BCAAs), which fuel muscles and stimulate protein production. Among the 20 amino acids in Form are leucine, isoleucine, and valine, each critical components to energy during and muscle growth after workouts.

WE ARE RAIN

Rain International is a category creator, harnessing and introducing the concentrated power of botanical seeds in powerful, bioavailable packages. For us, an opportunity left unexplored, a limit left untouched, a horizon left unseen is a failure. Our newest creation Form, is a catalyst that will allow your body to become something new, something better, allowing you to become your best self, and reach the potentials nature intended you to reach.

Healthy diets and lifestyles lead to increased productivity. This leads to increased happiness and well-being. At Rain, we want each individual to have the capacity to inspire others and change the world in their own, special way. Here’s where you can take control of your journey, create your own course, and become who you’ve always dreamt of becoming.
HERE ARE SOME OF THE INGREDIENTS IN FORM THAT GIVE YOUR BODY WHAT IT NEEDS:

**CHIA SEED**
Provides 4.9 grams of healthy fat per serving
Also provides 876 mg of omega 3 and 289 mg of omega 6 fatty acids
Increases the overall fiber content of each serving
Maintains a balanced blood lipid level
Supports body weight loss and reduction of triglyceride and blood glucose levels

**SACHA INCHI SEED**
Promotes weight loss through high levels of tryptophan, a precursor to serotonin, which helps regulate appetite
High concentration of omega 3 and omega 6 fatty acids, which are linked to reducing risk for heart conditions
Rich in antioxidants and anti-inflammatory properties
Supports cell damage repair

**PEA PROTEIN**
Promotes an increase of lean muscle density when supplementing appropriate training
Functions as a short-term suppressor
Binds and concentrates cranberry polyphenols (antioxidants), which enhance gut health
Linked to lowering cholesterol and triglycerides
Supports healthy homeostasis among cellular fatty acids

**CRANBERRY SEED**
Great dietary source of natural antioxidants
Contains anti proliferative compounds, substances which may slow the spread of malignant cells in the body
Strengthens human immune function and reduces side effects of illness

**PUMPKIN SEED**
Benefits blood pressure and promotes prevention of heart conditions
Helps to relax blood vessels and promote proper bowel function
Supports healthy immune system, cell growth and division, as well as sleep and mood
High in anti-flammation properties and Omega 3s

**SUGGESTED USE**
Take it after a workout to repair and rebuild lean muscle, trim down fat. Or, for optimal muscles growth, take right before bed, right after waking, and 30 minutes before beginning a workout to set up an “anabolic window.” This lessens the breakdown of muscle that results from weight training.

**PREPARATION INSTRUCTIONS**
1. Place on scoop of Form into 8-10 oz of liquid
2. Stir until thoroughly mixed and enjoyed
3. Take 1-2 times daily, or as needed

**Supplement Facts**

<table>
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<tr>
<th>Serving Size</th>
<th>1 scoop (28g)</th>
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<tbody>
<tr>
<td>Amount Per Scoop</td>
<td>% Daily Value*</td>
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<tr>
<td>Calories</td>
<td>105</td>
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<tr>
<td>Total Fat</td>
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<tr>
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<td>Protein</td>
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<td>Iron</td>
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<tr>
<td>Calcium</td>
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Proprietary Seed Protein Blend
25.2 g

Pee, Organic Chia Seeds, Raw Cocoa, Cocoa processed with Addit, Sacha Inchi, Pumpkin Seed, Cranberry, Grapefruit Seed, Grape Seed, Apricot Kernel

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.