UNICITY

Balance

Mixed Berry

The smart solution to balanced nutrition.

Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can can also help support weight management and healthy blood sugar levels. This is especially true for soluble fiber. However, the prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in many of the foods we eat.

Balance is a pre-meal drink with a patented fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fibre matrix helps to promote healthy digestion and support the feeling of satiety. Balance contains important vitamins, minerals and soluble fibre to support weight management.

Features

- Biosphere Fiber: A proprietary blend of five soluble fibers
- Unicity 7x: A specialized blend of plant-derived polysaccharides and Gum Arabic
- Bios Cardio Matrix: A blend of plant extracts and phytosterols
- Convenient, on-the-go single-serving stick packs
- Naturally flavored
- Naturally sweetened with stevia extract

Benefits

Fiber supports a longer feeling of satiety

Fiber supports healthy, regular digestion

Fiber supports normal, healthy blood glucose levels

Phytosterols contribute to the maintenance of normal blood cholesterol levels*

Fiber supports healthy weight management

Supports intermittent fasting

Use

For best results, take twice daily, 10–15 minutes before your largest meal. Mix each packet with 8–10 oz. (240–300 mL) of water. Mix vigorously in a shaker cup. Drink immediately.

Ideal For

- Adults looking to increase their fiber intake
- Adults who want–to support normal blood glucose levels and healthy metabolism
- Those looking to support their weight-management efforts

Try this

Mix Balance with Complete to get both high-quality protein and fiber.

Mix Balance with Oasis for added skin care benefits in your daily routine.

Mix Balance with Super Green + for added phytonutrient benefits.

Featured ingredients

Biosphere Fiber Proprietary Formula®

Biosphere is a unique blend that includes five different sources of fiber. Fiber causes the blood sugar level to rise more slowly after eating and less insulin is released.

Ingredients: Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta-Glucans.

Unicity 7X™

Unicity 7x is a specialized blend of plant-derived polysaccharides— also known as viscous fibers. Viscous, soluble fibers form a thick gel when mixed with water and as they move through the digestive tract. The gel-like substance helps slow the emptying of your stomach, which results in prolonged satiety.

Ingredients: Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic.

Bios Cardio Matrix™

Bios Cardio Matrix is a blend of plant extracts and phytosterols. Phytosterols contribute to the maintenance of normal blood cholesterol levels.*

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract).

Bios Vitamin Complex™

The Bios Vitamin Complex is a unique blend that supports healthy metabolism. The blend is designed to aid in proper digestion and optimize the conversion of food to fuel.

Ingredients: Calcium Carbonate, Vitamin C (ascorbic acid), Chromium, Vitamin A (beta carotene), Vitamin E (D-alpha Tocopheryl Acetate), Niacin (Niacinamide), Zinc (Zinc Gluconate), Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Cyanocobalamin), Folic Acid, Vitamin B1 (Thiamin), Biotin, Riboflavin.

NUTRITIONAL INFORMATION / ZUSAMMENSETZUNG / INFORMATIONS NUTRITIONNELLES / VÝŽIVOVÉ ÚDAJE

Daily portion/ Tagesdosis/ Portion recommandée/ Denní dávka: 1 stickpack/ Stickpack/ sachet/ sáček (7.25 g) Daily portions per container/ Tagesdosen pro Packung/ Portions journalières par emballage/ Počet denních dávek v balení: 30

	Per daily portion / Menge pro Tagesportion / Quantité par dose journalière / Na denní dávku	%NRV**/ %RI**/ %NRV**/ %VNR**
Vitamin A/ Vitamine A/ Vitamín A	225,4 mcg	28%
Vitamin C/ Vitamine C/ Vitamín C	47,7 mg	60%
Vitamin E/ Vitamine E/ Vitamín E	13 mg	108%
Thiamin/ Thiamine	2 mg	182%
Riboflavin/ Riboflavine	2 mg	143%
Niacin/ Niacine	25,7 mg	161%
Vitamin B6/ Vitamine B6/ Vitamín B6	7 mg	500%
Folic Acid/ Folsäure/ Acide folique/ Kyselina listová	367 mcg	184%
Vitamin B12/ Vitamine B12/ Vitamín B12	25 mcg	1000%
Biotin/ Biotine	20 mcg	40%
Zink/ Zinc/ Zinek	2,5 mg	25%
Chromium/ Chrom/ Chrome	101 mcg	253%
Soluble fibers/ Lösliche Fasern/ Fibres solubles/ Rozpustná vláknina	3,2 g	-
Resistant maltodextrin/ Resistentes maltodextrin/ Maltodextrine résistante/ Rezistentní maltodextrin	581,5 mg	-
Oat fibers/ Haferfasern/ Fibres d'avoine/ Ovesná vláknina	294 mg	-
Beta glucan/ Beta-Glucane/ Bêta-glucanes/ Beta glukan	6 mg	-
Guar gum/ Guarkernmehl/ Gomme guar/ guma guar	1260 mg	-
Gum arabic/ Gummi arabicum/ Gomme arabique/ Arabská guma	900 mg	-
Citrus pectin/ Zitruspektin/ Pectine d'agrumes/ Citrusový pektin	127,5 mg	-
Locust bean gum/Johannisbrotkernmehl/ Farine de graines de caroube/ karubin	79 mg	-
Phytosterols/ Phytosterine/ Phytostérols/ Fytosterin	405 mg	-
Policosanol	3,6 mg	-

**Nutrient Reference Values/ **Nährstoffbezugswerte/ **Valeurs nutritionnelles de référence/ **Referenční výživové hodnoty

OTHER INGREDIENTS: Citric Acid, Resistant Maltodextrin, Natural Flavors, Stevia Extract (Rebaudioside A>75%, Steviol Glycoside >95%), Beetroot Powder.

Designed for Health

Today, we face a health crisis unlike any the world has ever seen. Despite scientific advancements in medicine and health care, people are unhealthier than ever.

The good news is that this pervasive global health decline is completely reversible. As The Health Intervention Company™**, Unicity is committed to combating today's health crisis by developing products that are obsessively backed by science, rigorously tested, and masterfully produced—all to help millions around the world live better lives.

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FAQs

How does Balance work?

Balance includes viscous soluble fiber. Viscous soluble fiber forms a thick gel when combined with water and as it moves through the digestive tract. The gel-like substance helps slow the emptying of your stomach, which results in prolonged satiety.

Why are there vitamins and minerals in Balance?

For effective digestion, the body needs numerous vitamins and minerals. The nutrients in Balance contribute to a balanced diet.

Can I take Balance at other times of the day or before having a snack?

Yes. Many people who use Balance find that they consume fewer snacks between meals, and if they indulge, they feel better afterward.

However, you will get the most benefit from using Balance before a meal.

Who can take Balance?

We recommend Balance for adults who want to maintain good health. Pregnant and nursing women should consult their physician before taking Balance. As with any nutritional supplement, if you have any questions, consult your healthcare provider prior to use.

I understand increasing fiber can impact my system. Will I experience bloating or any discomfort?

Introducing fiber (Balance) can increase gas or bloating in some people. This is a normal reaction as your body begins to acclimate to the increased daily fiber intake.
The effects should diminish after 2–3 weeks. If you're very uncomfortable, consider halving the portion of Balance you take before each meal for 3–7 days.

Can I still take Balance if I forgot to take it before a meal? Should I skip it if I already ate?

It is always best to have Balance before a meal, but it would be better to take it late rather than not at all. The soluble dietary fibers in Balance will still support your digestive health.

Can I take this product with less than the recommended amount of water?

One serving of Balance should be mixed in 8-10 oz. (240-300 mL) of water. Taking this product without the recommended amount of liquid may cause choking. Do not use this product if you have diffculty swallowing.

NOTE: This product contains natural ingredients; therefore, color may vary, and some ingredients may not dissolve as rapidly as others. This product may be taken with medications that are compatible with food.***

*The beneficial effect is obtained with a daily intake of at least 0,8 g of plant sterols/stanols.

**The Health Intervention Company™ - Unicity provides education, support, and designs nutritional products for convenient, healthy living, to address the global decline in metabolic health.

***Nutritional supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

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The Health Intervention Company™ - Unicity designs and develops innovative nutritional products that make healthy living doable in an on-the-go world.

This product is not intended to diagnose, treat, cure, or prevent any disease

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