

Welcome to Feel Great!

This welcome box has everything you need to get started on your Feel Great journey, including product information and, of course, the products!



Why Unimate?

Unimate is:

- An ultra-concentrated and purified yerba mate extract drink.
- A potent source of chlorogenic acid (the “get-up-and-go” component found in coffee)
- Sugar free.

***Yerba mate** has been used in South America for thousands of years. Its unique blend of plant compounds is known to improve mood, heighten mental clarity, and suppress appetite.*

Why Balance?

Balance is:

- A patented blend of fibers, nutrients, and plant compounds.
- Designed to help you control carbohydrate intake and maintain healthy cholesterol levels.*
- A tool that fights the post-meal energy spike and crash.*
- An aid that helps you stay fuller for longer.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Item 33691 Rev2

Unimate

How To Use It:



Start your day with Unimate to boost your morning's focus and energy without breaking your fast.



Take it again before a workout, with your lunch, or any time you need to get your focus back on the important stuff.



Enjoy Unimate hot or cold.



Mix one stick pack with 17-24 oz. (500-700 mL) of water (add more or less to taste).



Drink 2 times daily or as desired.

PRO TIP: For easy prep, use a milk frother.

Balance

How To Use It:



Take Balance with your heaviest meal of the day to slow the impact of the carbohydrates you consume and to help you through the fasting period.



Mix well with 8-10 oz. (240-300 mL) cold water. A shaker bottle or hand mixer works best.



Drink immediately. Balance is designed to thicken after mixing, and you want this to happen in your stomach, not in your cup!

PRO TIP: Add powder to the water, not vice versa.

Maximize the Feel Great approach



Wake up, start your day



Unimate before first meal



Balance before dinner

Eat dinner, don't snack afterward, and then **wait 16 hours** to eat your next meal.

Unimate and Balance work together to help you extend the time between dinner and breakfast.

Intermittent fasting has been associated with numerous health benefits:

- Healthy blood pressure
- Improved heart health
- Improved body composition

Congratulations on taking the right steps to feeling great. We'd love to hear from you! Share your experiences with us on social using **#FeelGreatEveryDay**



Scan for tips and tricks to help you get the most from Feel Great.

UNICITY Balance

Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help lessen the impact excess dietary carbohydrates and cholesterol can have on the body. Soluble fibers, in particular, help support important bodily functions, like helping to maintain healthy cholesterol and blood sugar levels. However, the prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in the foods we eat.

Unicity Balance is a pre-meal drink with a proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help ease some of the impact excess dietary carbohydrates and cholesterol can have on the body. Balance is also formulated to provide essential vitamins, minerals, and soluble fibers to help curb your appetite.

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-serve stick packs
- Naturally flavored
- Naturally sweetened with stevia extract

Benefits



Helps curb appetite between meals*



Aids in reducing the amount of dietary cholesterol that's absorbed into the bloodstream*



Helps reduce carbohydrate absorption in the body*



Supports normal, healthy blood glucose levels*



Supports healthy weight management*



Supports time-based eating and other intermittent fasting methods



Use

For best results, take 1-2 times daily, before or with meals. Vigorously mix each stick pack with 8-10 oz. (240-300 mL) of water and drink immediately.

For added benefits, combine Unicity Balance with a form of intermittent fasting like 16:8.

Ideal For

- Adults wanting to increase their fiber intake
- Individuals interested in maintaining healthy blood sugar and cholesterol levels
- 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 health benefits in your daily routine.

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.

Ingredients

Biosphere Fiber Proprietary Formula®

Biosphere is a unique blend that includes five different sources of fiber. These fibers help support cholesterol levels and slow the conversion of high-glycemic carbohydrates into blood glucose.

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

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 consistency 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 that supports the body’s cholesterol absorption process. The blend can help limit the absorption of dietary cholesterol.

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract)

Bios Vitamin Complex™

The Bios Vitamin Complex is a unique blend that supports healthy metabolism. This 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

Supplement Facts									
Serving Size 1 Packet (7.25 g)					Servings Per Container 30				
Amount per Packet					% Daily Value*				
Calories					15				
Total Carbohydrate					5g				
Dietary Fiber					4g				
Soluble Fiber					4g				
Total Sugars					0g				
Includes 0g of added sugar					0%				
Vitamin A 104 mcg RAE 10% (100% as Beta-Carotene)					Folic Acid 367 mcg DFE 90%				
Vitamin C 45 mg 50% (as Ascorbic Acid)					Vitamin B12 25 mcg 1040% (as Cyanocobalamin)				
Vitamin E 13 mg a-TE 90% (as D-alpha Tocopheryl Acetate)					Biotin 20 mcg 70%				
Thiamin 2 mg 170%					Calcium 60 mg 4% (as Calcium Carbonate)				
Riboflavin 2 mg 150%					Zinc 2.3 mg 20% (as Zinc Gluconate)				
Niacin 26 mg 160% (as Niacinamide)					Chromium 100 mcg 290%				
Vitamin B6 7 mg 410% (as Pyridoxine HCL)									
Biosphere Fiber®					2,228 mg				
Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta Glucan									
Unicity 7x™					1,404 mg				
Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic									
Bios Cardio Matrix™					418.5 mg				
Phytosterols, Policosanol (Sugar Cane Extract)									
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.									
†Percent Daily Value is not established.									

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

UNICITY

Balance

FAQs



How does Balance work?

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

Why are there vitamins and minerals in Balance?

The vitamins and minerals in Balance help support proper digestion and help the body's enzymes work efficiently.

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, as it can help with dietary cholesterol and carbohydrate absorption from your food.

Who can take Balance?

We recommend Balance for adults who want to maintain good digestive and metabolic 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?

Balance is designed to be taken before your 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 difficulty swallowing.



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

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Unimate Lemon

Delicious, clean, crisp Unimate Lemon will provide a refreshing splash to your afternoon pick-me-up or morning beverage.



There are some days when you feel like you're on top of the world—it's those kinds of days where you accomplish more, and you do it with style. Other days, you feel unmotivated to complete tasks. So what makes the difference? How can you make every day a great day?

Unimate helps make great days the rule, not the exception.

Yerba mate comes from a plant native to South America, where it has been consumed in community rituals for hundreds of years and contains naturally occurring antioxidants and nutrients. The yerba mate leaves in Unicity Unimate undergo a proprietary five-step process—handpicking, fire roasting, extracting, concentrating, and purifying. As a result, Unimate is a concentrated extract that highlights the features of yerba mate. No matter what daily tasks await, Unimate can help you feel great.

Choose Unimate, and choose to feel great.

USAGE

Mix the entire contents of 1 packet (6.1 g) with 500-700 mL (17-24 oz.) of hot or cold water (add more or less to taste). Drink once or twice per day.

HOT

COLD



IDEAL FOR

Entrepreneurs, business people, college students, super moms, and super dads

Unimate provides just the right amount of support to nail that afternoon presentation, finish all the household tasks, or help the kids with the project they just conveniently remembered was due tomorrow.

Athletes

Whether working out or enjoying your favorite sporting activity, Unimate helps you tackle it all. The convenient on-the-go packets make it easy to take Unimate with you for those longer excursions.

FEATURES

- High-quality, purified, ultra-concentrated yerba mate
- Yerba mate is a source of naturally occurring- Chlorogenic acids - Theobromine - Mate saponins - Antioxidants
- Convenient single-serving sachets
- Refreshing lemon flavor

TRY THIS!



Prepare your Unimate hot, and stir with a cinnamon stick.

Try adding a tablespoon of coconut oil to your Unimate.



Try Unimate Lemon with ice for a cool, delicious recharge.

Looking for an extra boost? A Matcha-Unimate combination should do the trick.



WHEN TO DRINK



Before working out



In the morning to start your day



Between meals



Before an important meeting, test, or presentation

INGREDIENTS

Green yerba mate leaf - Yerba mate comes from the leaves of the holly plant native to the central regions of South America. Yerba mate has been used by indigenous people for centuries. Yerba mate is a natural source of caffeine, and it contains polyphenols, which contain antioxidants.

Yerba mate contains naturally occurring chlorogenic acids including:

- **Chlorogenic acids** - Chlorogenic acids are polyphenol compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea.
- **Mate saponins** - Mate saponins are a class of molecules that are specific to the yerba mate plant.
- **Theobromine** - Theobromine is a molecule best known for its presence in chocolate.

THE UNIMATE PROCESS

Unimate is uniquely powerful thanks to Unicity's proprietary five-step process: handpicking, fire roasting, active biological molecule extraction, yerba mate concentration, and purification.



1 HANDPICKED

>



2 FIRE ROASTED

>



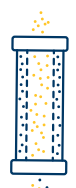
3 EXTRACTED

>



4 CONCENTRATED

>



5 PURIFIED

UNICITY

Unimate Lemon

FAQs

How much caffeine is in one serving of Unimate?

The product has been tested for an upper caffeine limit, and it has about as much caffeine as one cup of premium coffee. However, since natural ingredients can have some variation, the caffeine amount is not standardized.

Who can take Unimate?

Unimate is intended for adults. Not suitable for pregnant or nursing women, children or people sensitive to caffeine. More than the recommended use should not be taken.