

Welcome to Feel Great!



Feel Great is designed to bridge the gap between where you are and where you want to be with your health. Get ready to feel better than you've felt in years!

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 comes from a plant native to South America, where it has been consumed in community rituals for hundreds of years. Its unique blend of plant compounds is known to improve mood, heighten mental clarity, support satiety, and help prolong your fast.

Why Bios Life 2?

Bios Life 2 is:

- A proprietary blend of fibers, nutrients, and plant compounds
- Designed to help you control carbohydrate impact 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.

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 hand mixer.

Bios Life 2

How To Use It:



Take Bios Life 2 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.



Mix vigorously and drink immediately.

PRO TIP:

Add powder to the water, not vice versa.

Maximize the Feel Great approach

Intermittent fasting is a time-based approach to eating that can help the body maintain normal, healthy glucose levels and support overall metabolic health.

Scan for tips and tricks



to help you get the most from Feel Great.



Congratulations on taking the right steps to feeling great. We'd love to hear from you!

Share your experiences with us on social using #FeelGreat

UNICITY

Bios Life 2



Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help lessen the impact excess carbohydrates and cholesterol can have on the body. The problem is, the vast majority of the population doesn't consume enough fiber. Processed foods are everywhere and modern food production strips a lot of fiber from food, leading to diets high in refined sugars and low in fiber.

Bios Life 2 provides essential fiber and other nutrients to support your cardiovascular, digestive, and metabolic health. Its unique blend of soluble fibers and essential nutrients is formulated to support normal, healthy glucose and cholesterol levels, as well as to help curb your appetite. **Bios Life 2 contains prebiotic fibers to feed the gut microbiome, creating an overall healthy gut.**

Features

- Sweetened with Stevia
- Contains both water and fat-soluble antioxidants and vitamins (A, C, and E)
- Contains essential vitamins and minerals, including B vitamins, that contribute to overall health
- 4.5 g of fiber per serving
- Gluten free

Benefits



Helps to support healthy glucose and cholesterol levels



Supports cardiovascular, digestive, and metabolic health



Helps curb appetite



Promotes a balanced gut microbiome



No added flavor (so you can mix it with any drink!)



Use

Take 5–10 minutes before your largest meals, up to 3 times daily. Mix 1 rounded scoop with 8–10 oz. of cold water or beverage of your choice. Mix vigorously and drink immediately.

Helpful tip: If your current diet is low in fiber, start with ½ scoop per serving and gradually work your way up to the full amount.

Ideal For

Individuals wanting to maintain healthy cholesterol and glucose levels

Those looking for a healthy way to help curb appetite

Adults wanting to increase their fiber intake

Featured ingredients

Fiber blend:



The fibers included in Bios Life 2 help support healthy cholesterol levels and slow the conversion of high-glycemic carbohydrates into blood glucose. These fibers include oat fiber, gum arabic, guar gum, and locust bean gum. In addition, prebiotic fibers such as apple pectin help feed the healthy bacteria in your gut, promoting a balanced gut microbiome.

Vitamins and minerals:



Bios Life 2 includes a blend of essential vitamins and minerals; it is an excellent source of thiamin, niacin, chromium, and vitamins A, C, and E.

Stevia:



A natural, zero-calorie sugar substitute derived from the stevia plant, an herbal shrub native to South America.

Nutrition Facts

Serving Size 1 Scoop (6 g)
Servings Per Container About 63**

Amount Per Serving		% Daily Value*
Calories 10	Calories from Fat 0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	35 mg	1%
Total Carbohydrate	5 g	2%
Dietary Fiber	4.5 g	18%
Soluble Fiber	4 g	
Insoluble Fiber	0.5 g	
Sugars	0 g	
Protein	0 g	

Amount Per Serving		% Daily Value*
Vitamin A (100% as Beta-Carotene)		20%
Vitamin C	100%	10%
Iron	0%	100%
Thiamin	180%	180%
Niacin	180%	180%
Folic Acid	30%	180%
Biotin	10%	6%
Selenium	6%	45%
Calcium		10%
Vitamin E		100%
Riboflavin		180%
Vitamin B-6		180%
Vitamin B-12		180%
Zinc		6%
Chromium		45%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	85 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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Bios Life 2

FAQs

Why is this supplement in a powdered form?

You would need to take 7–8 tablets or capsules to get the same amount of material that is in one serving of Bios Life 2. More importantly, dissolving Bios Life 2 in water forms a viscous gel matrix in your stomach, which contributes to metabolic health benefits by helping to slow digestion and absorption of glucose from the carbohydrates in your meal. It can also help you feel fuller faster. A tablet would be very highly condensed and would not form the gel matrix.

Does Bios Life 2 have any side effects?

Adding fiber to any diet that is relatively low in fiber may cause transient gastrointestinal upset such as diarrhea or constipation. If either of these occur, cut the dose in half and gradually work your way back up. Make sure you're drinking plenty of water, as well (at least 64 oz. each day).

Can I consume dietary fiber from foods instead of taking Bios Life 2 to get the fiber I need?

Many people find it difficult or inconvenient to consume the large volume of foods needed to meet the recommended amount of dietary fiber in their diet. Bios Life 2 is an easy way to boost soluble fiber intake in your diet while adding essential vitamins and minerals.

Who can take Bios Life 2?

We recommend Bios Life 2 for adults who want to maintain good health and increase their fiber intake. Pregnant and nursing women should consult their physician before taking Bios Life 2. As with any nutritional supplement, if you have questions, consult your healthcare provider before taking.



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

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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.