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STRONGHOLD

Targeted nutrition for
healthy muscles



Your strength is your greatest asset—own it, sculpt it, and let it shine at every stage of life. **STRONGHOLD** is a scientifically formulated supplement designed for adults seeking to maintain and support muscle health, especially those practicing intermittent fasting and committed to an active and healthy lifestyle.

At its core is a potent blend of creatine monohydrate, HMB (β -hydroxy β -methylbutyrate) and leucine, working in harmony to supercharge your training results. Creatine is known to increase physical performance* and can enhance the effect of resistance training in adults over the age of 55**. L-Leucine is an essential branched-chain amino acid which plays an important role in muscle protein synthesis while HMB is a relevant metabolite of leucine. These powerhouses are delivered through a precise dose of fast-absorbing whey protein isolate. The formula is rounded off with calcium, Vitamin D and Vitamin K for optimal metabolic health.

STRONGHOLD helps you feel radiant, powerful, and ready for anything, especially as you age.

STRONGHOLD is formulated to complement your active lifestyle and help maintain muscle health as you age. Regular exercise, especially strength training, is recommended to maximize the benefits of creatine and support overall wellbeing. Sharpen your edge—at any age—with **STRONGHOLD** by your side.

Defend your strength, elevate your health. Targeted nutrition for an active lifestyle in all stages of life.

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Features

- Creatine Monohydrate – Creatine is proven to increase physical performance in successive bursts of short-term, high-intensity exercise.*
- Precise dose of high-quality and fast absorbing whey isolate protein.
- L-Leucine and HMB (β -hydroxy β -methylbutyrate) – L-Leucine is a key branched-chain amino acid (BCAA) that is relevant for muscle protein synthesis while HMB (β -hydroxy β -methylbutyrate) is a powerful metabolite of leucine. To get the same amount of HMB through leucine, you'd need to consume almost 60 g of leucine alone, whereas Stronghold delivers a concentrated dose of HMB in one serving.
- Calcium is relevant for the energy-yielding metabolism, contributes to normal muscle function and has a role in the process of cell division and specialisation.
- Vitamins D & K – vitamin D is crucial for optimal calcium absorption and contributes to normal muscle function, while vitamin K is another valuable addition for the maintenance of bone health.
- A natural and refreshing tropical pineapple flavor.
- Convenient single-serving packets for on-the-go.
- Sweetened with Stevia.



Benefits

- Creatine increases physical performance in successive bursts of short-term, high intensity exercise.
- Protein contributes to a growth in and the maintenance of muscle mass.
- Calcium & Vitamin D work synergistically to support normal muscle function.
- Vitamin K contributes to the maintenance of normal bones.

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Why STRONGHOLD?

STRONGHOLD is a powerful blend of widely studied ingredients—including **creatine monohydrate**, **whey protein**, **leucine**, **HMB** (β -hydroxy β -methylbutyrate) as well as the **vitamins D, K** and **calcium**—formulated to complement your active lifestyle and help maintain muscle health as you age. Regular exercise, especially strength training, is recommended to maximize the benefits of creatine and support overall wellbeing.

Ideal for

- **Athletes & fitness enthusiasts** – Individuals seeking to increase their physical performance.
- **Active aging population** – Older adults focused on longevity, independence, and overall physical resilience.

Use

- Mix the entire contents of 1 stickpack (9.4g) with 240–300 ml. of water (add more or less to taste). Drink 1–2 times daily or as your activity levels demand.
- Tastes great with both Orange and Mixed Berry Unicity Balance flavors.

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Ingredients

Supplement Facts

Serving Size 1 Stick Pack (9.4 g)

Servings Per Container 30

Amount Per Stick Pack	% Daily Value*	
Calories	25	
Total Carbohydrate	2 g	1%
Protein	2 g	4%
Vitamin D (as Cholecalciferol)	20 mcg	101%
Vitamin K2 (as Menaquinone-7)	45 mcg	38%
Calcium (as Whey Protein Isolate and Calcium Hydroxymethylbutyrate)	220 mg	
Creatine Monohydrate	2.5 g	†
L-Leucine	1.5 g	†
Calcium Hydroxymethylbutyrate	1.5 g	†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

OTHER INGREDIENTS: Whey Protein Isolate, Natural Flavors, Citric Acid, High-Purity Stevia Leaf Extract (Rebaudioside A, Steviol Glycosides), Malic Acid, Salt.

CONTAINS: Milk and Soy.

Creatine: Creatine is a carbon-nitrogen compound that is produced in the body in the liver and kidneys with the help of several amino acids. It plays a major role in the energy metabolism of skeletal muscles, especially during short-term muscle work. An accumulation of creatine in the muscles delays fatigue during short-term and intense exercise. This allows for higher training intensities.* **

Whey Protein Isolate: Whey protein isolate has a PDCAAS (Protein Digestibility-Corrected Amino Acid Score) of 1.0, making it one of the highest-quality protein sources available. PDCAAS is a measure of protein quality that evaluates both a protein’s amino acid composition and its digestibility in humans. The highest possible score is 1.0, meaning the protein provides all essential amino acids in the right proportions and is easily absorbed by the body. Less than 1% of whey protein isolate contains lactose, making it an easily digestible protein.

L-Leucine and HMB: L-Leucine is a powerhouse branched-chain amino acid (BCAA) and the most common amino acid in the body. Therefore, the leucine content in a protein plays a central role in the anabolic stimulation of muscle cells, i.e., muscle building and growth. HMB is a dynamic metabolite of leucine.

Calcium: Calcium is a vital trace mineral that contributes to the maintenance of healthy bones, teeth and muscle. In the cells themselves, calcium serves as a messenger substance and transmits signals. When calcium is released, for example, muscles can move.

Vitamin D: Without vitamin D, the body cannot absorb calcium. Besides, vitamin D contributes to normal muscle function and the maintenance of healthy bones.

Vitamin K: Vitamin K provides added support to the maintenance of healthy bones.

* Creatine increases physical performance in successive bursts of short-term, high-intensity exercise. The beneficial effect is obtained with a daily intake of 3g of creatine.

** Daily creatine consumption can enhance the effect of resistance training on muscle strength in adults over the age of 55. The beneficial effect is obtained with a daily intake of 3g of creatine and regular resistance training.

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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 **What makes STRONGHOLD different from other creatine supplements?**

Unlike standard creatine products, STRONGHOLD goes beyond just by including protein, leucine, HMB, calcium as well as vitamins D and K. Protein contributes to increasing and maintaining muscle mass, calcium is vital for muscle function, vitamin D contributes to the maintenance of normal bones and muscle function while vitamin K provides added support for healthy bones.

Can children and teenagers take STRONGHOLD?

Unicity does not test its products on children or adolescents. Creatine is also not recommended for young people under the age of 18. We therefore cannot recommend its use for these individuals.

Is STRONGHOLD safe for people who are lactose intolerant?

STRONGHOLD contains whey protein isolate, which has less than 1% lactose, making it easier to digest for those with mild lactose intolerance.

Can I take STRONGHOLD if I'm not working out?

You can take STRONGHOLD even if you're not working out, but it is designed to complement an active lifestyle. Creatine is proven to be most effective when combined with exercise, especially strength training.

How do I incorporate STRONGHOLD in my Feel Great regimen?

STRONGHOLD is the next-level upgrade to your Feel Great routine—built to protect your strength, mobility, and long-term vitality.

While Balance helps regulate carb impact and cravings, and Unimate boosts energy, supports your intermittent fasting window, mood, and focus, STRONGHOLD fills a critical gap: Supporting lean muscle mass.

Together, these three products create a well-rounded foundation for metabolic health:

- The fiber in Balance supports healthy digestion and healthy blood glucose levels
- Unimate fuels your mind and metabolism
- STRONGHOLD supports your efforts to build muscle

Take STRONGHOLD once a day during your eating window—alongside your Feel Great routine or post-workout—to support your strength training progress. Muscle is to your body, metabolism, and insulin sensitivity what passive income is to your finances—once it's there, it keeps working for you. It helps stabilize, support, and amplify everything else you're doing.

This isn't just an addition—it's the next evolution in your Feel Great journey. Because metabolic health isn't complete without muscle health. And feeling great today should also mean staying strong tomorrow.