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STRONGHOLD

Targeted nutrition for lifelong muscle health*



Your strength is your greatest asset—own it, sculpt it, and let it shine at every stage of life. STRONGHOLD is a scientifically crafted muscle-support supplement designed to empower you to build and preserve lean muscle, keeping you confident and unstoppable.

At its core is a potent blend of HMB (β -hydroxy β -methylbutyrate), creatine monohydrate, and leucine, working in harmony to supercharge your results. HMB protects against muscle breakdown, while creatine fuels vibrant energy for stronger sessions, and leucine ignites protein synthesis to shape a resilient you. These powerhouses are delivered through fast-absorbing whey protein isolate, amplifying their impact with essential amino acids for rapid muscle repair. Vitamin D enhances muscle function and recovery while boosting HMB's effectiveness, and vitamin K strengthens bones to keep you moving with ease.

With STRONGHOLD, you're not just maintaining mobility—you're building a foundation to feel radiant, powerful, and ready for anything, especially as you age.

STRONGHOLD empowers you to build and protect lean muscle with a precise blend of HMB, creatine, and leucine. HMB helps shield muscles from breakdown, creatine enhances overall endurance, and leucine ignites protein synthesis for lean muscle support. Sharpen your edge—at any age—with STRONGHOLD by your side.

Defend your strength, elevate your health. Targeted nutrition for lifelong muscle health.

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Features

- Precise dose of high-quality and fast absorbing whey isolate protein.
- L-Leucine – A key branched-chain amino acid (BCAA) that plays a central role in stimulating muscle protein synthesis and supporting muscle repair.
- HMB (β -hydroxy β -methylbutyrate) – A powerful metabolite of leucine that helps preserve muscle mass and strength by reducing muscle breakdown and supporting recovery. To get the same amount of HMB through leucine alone, you'd need to consume almost 60 g of leucine alone, whereas Stronghold delivers a concentrated dose of HMB in one serving.
- Creatine + Vitamins D & K – Creatine supports cellular energy production, power output, and muscle endurance, while vitamins D and K contribute to muscle function, bone health, and overall recovery.
- A natural and refreshing tropical pineapple flavor.
- Convenient single-serving packets for on-the-go.
- Sweetened with Stevia.



Benefits

- Sculpts lean muscle with every workout*
- Guards muscles against age-related loss*
- Boosts power and energy during exercise*
- Fortifies bones and speeds muscle recovery*
- Protects muscle during prolonged fasting*

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Why STRONGHOLD?

STRONGHOLD's powerful blend of widely studied ingredients—including **HMB** (β -hydroxy β -methylbutyrate), **creatine monohydrate**, **leucine**, and **vitamin D**—works synergistically to stimulate muscle protein synthesis, reduce muscle breakdown, and support strength, endurance, and power by replenishing cellular energy stores. Vitamin D is a key component of this formula, not only for its role in muscle function and recovery, but because research shows HMB is significantly more effective when paired with adequate vitamin D levels.

To round out the formula, **vitamin K** supports bone health and recovery, while a precise dose of **whey protein isolate** delivers fast-absorbing essential amino acids that enhance muscle repair and amplify the effects of STRONGHOLD's key actives.

Ideal for

- **Athletes & fitness enthusiasts** – Individuals seeking to enhance muscle recovery, strength, and performance.
- **Active aging population** – Older adults focused on longevity, independence, and overall physical resilience.
- **Strength trainers & bodybuilders** – Individuals looking to optimize muscle protein synthesis and prevent muscle breakdown.
- **Individuals on weight loss journeys** – Those aiming to preserve lean muscle mass while reducing body fat.
- **Busy professionals & on-the-go individuals** – People who need convenient, high-quality protein to support muscle health in a hectic lifestyle.

Use

- Mix the entire contents of 1 stickpack (9.4g) with 8–10 oz. 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.

STRONGHOLD

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.

L-Leucine: L-Leucine is A powerhouse branched-chain amino acid (BCAA), L-Leucine is your key to unlocking lean muscle growth and resilience. Scientifically proven to ignite muscle protein synthesis, it activates the mTOR pathway—a critical driver of muscle repair and strength. L-Leucine also combats muscle breakdown, making it especially vital as you age to overcome anabolic resistance, the body’s reduced ability to build muscle over time. With L-Leucine, you’re fueling a stronger, more vibrant you, ready to thrive in every workout and every moment.

HMB: HMB, a dynamic metabolite of leucine, is a game-changer for protecting and building lean muscle. Formed when your body metabolizes leucine, HMB works to reduce muscle protein breakdown and enhance synthesis, fortifying your muscles against wear and tear. Backed by science, it’s particularly effective as you age, countering anabolic resistance to keep you strong and confident. With HMB, you’re not just maintaining muscle—you’re empowering your body to stay resilient and ready for life’s demands.

Creatine: Creatine is a naturally occurring compound made from the amino acids arginine and glycine, creatine is your secret to unlocking powerful performance. It regenerates ATP, the body’s primary energy source, fueling muscle contractions for enhanced strength, endurance, and power during exercise. Stored in muscle tissue, creatine ensures you push harder and do more. Science also shows it supports brain health and cellular recovery under stress, and can even make up for a bad night’s sleep. With creatine, you’re igniting unstoppable energy and endurance, carving a resilient, confident self at every stage of life.

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.

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Ingredients cont.

Vitamins K & D: Vitamin D helps the body absorb calcium, which is essential for bone strength and muscle function. It also plays a role in reducing muscle weakness and supporting overall muscle recovery and performance. Studies have shown that Vitamin D and HMB work synergistically to promote muscle strength and function, particularly in older adults.

Vitamin K2 works alongside Vitamin D to help direct calcium to the bones. It supports bone density and contributes to proper muscle function by supporting healthy calcium utilization and efficient muscle contractions.

Together, Vitamins K and D play a crucial role in maintaining strong bones and healthy muscles, especially as we age.

Designed for health

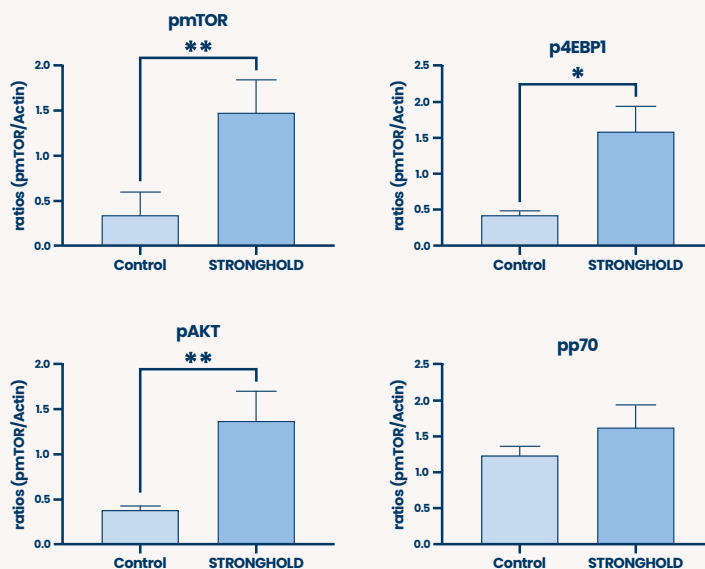
Today, we face a health crisis unlike any the world has ever seen. Despite scientific advancements in medicine and health care, people are unhealthier than ever.

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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STRONGHOLD preliminary study data

In a preclinical study, the acute effects of a single administration of STRONGHOLD on muscle anabolic signaling and plasma GLP-1 were evaluated. Additionally, the anabolic response, metabolic health, and body composition were measured again after 30 days of STRONGHOLD supplementation.



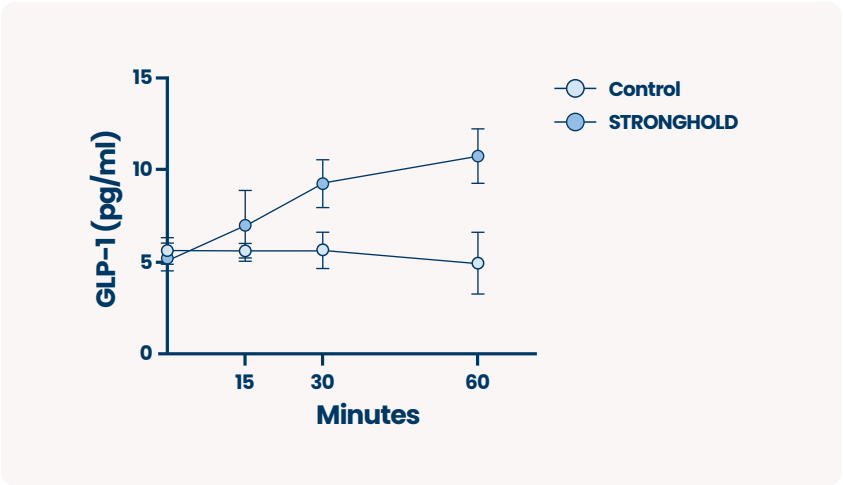
Activation of Anabolic Signaling (pmTOR, p4EBP1, pAKT, pp70)

STRONGHOLD rapidly activates key anabolic signaling pathways in skeletal muscle.

Within one hour, STRONGHOLD significantly increased levels of phosphorylated mTOR, AKT, and 4EBP1—critical biomarkers involved in protein synthesis, glucose metabolism, and cellular growth. After 30 days of taking STRONGHOLD daily, activation of mTOR and AKT was also significantly greater than control. Together, this suggests that STRONGHOLD promotes enhanced short- and long-term anabolic potential and muscle-supportive activity.

STRONGHOLD

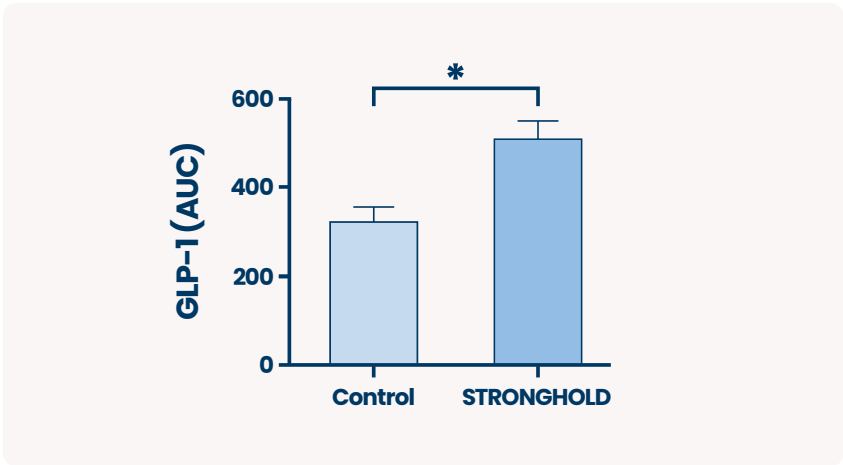
STRONGHOLD preliminary study data cont.



Incretin Response

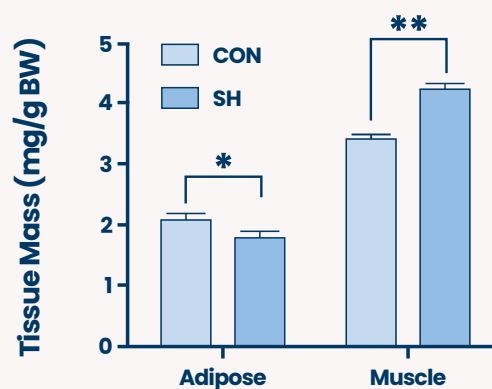
STRONGHOLD significantly elevates levels of GLP-1, an incretin hormone involved in appetite regulation and metabolic health.

Relative to control, one serving of STRONGHOLD led to a rapid and sustained increase in endogenous GLP-1 levels, a gut-derived hormone known to support healthy insulin function, promote satiety, and enhance metabolic resilience. Furthermore, consistent daily intake of STRONGHOLD over a period of 30 days resulted in a significant increase in fasting GLP-1 levels. This may be especially beneficial for individuals managing blood sugar or seeking weight control support.



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STRONGHOLD preliminary
study data cont.



Body Composition

STRONGHOLD simultaneously promotes an increase in muscle while reducing fat mass in the body.

After 30 days of supplementation, the STRONGHOLD group had a significantly greater amount of muscle and lesser amount of fat relative to the control group. Body composition, or the relative amount of lean mass to fat tissue, is a critical determinant of metabolic health and longevity.

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FAQs

What makes STRONGHOLD different from other protein supplements?

Unlike standard protein powders, STRONGHOLD goes beyond just protein by including leucine, HMB, and creatine, which work together to overcome anabolic resistance—the body’s reduced ability to build muscle with age. Additionally, it contains vitamins D and K, which help support bone strength and muscle function.

How does STRONGHOLD help with anabolic resistance?

As we age, our bodies become less responsive to protein and exercise, making it harder to maintain muscle mass, even with adequate exercise and protein intake. STRONGHOLD contains high-quality whey protein isolate (fast-absorbing and PDCAAS 1.0), leucine (a key activator of the mTOR pathway), and HMB (which helps prevent muscle breakdown) to ensure your muscles get the best possible support.

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?

Yes! STRONGHOLD is formulated to support muscle maintenance and prevent muscle loss, even in individuals who are not engaging in intense exercise.

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: preserving and supporting lean muscle mass as you age.

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

- Balance optimizes how your body handles food
- Unimate fuels your mind and metabolism
- STRONGHOLD ensures your muscles—and strength—don’t fall behind

Take STRONGHOLD once a day during your eating window—alongside your Feel Great routine or post-workout—to activate muscle protein synthesis, reduce muscle breakdown, and support better recovery.

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.