

# 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.

**Balance: the smart solution to balanced nutrition**

## 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
- Bios Vitamin Complex: A unique blend of vitamins and minerals
- Convenient, on-the-go, single-serving stick packs

## 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 twice daily, 10–15 minutes before your largest meals. Mix each packet with 8–10 oz. (240–300 mL) of water. Mix vigorously in a shaker cup. 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 your favorite Complete flavor to get both high-quality protein and fiber.



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



Mix Balance with Super Green + for added antioxidant and phytonutrient benefits.

# Featured 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-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 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, Chrysanthemum (Flower) Extract, Plicosanol (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 (retinyl acetate), Vitamin E (D-alpha Tocopheryl Acetate), Niacin (Niacinamide), Zinc (Zinc Gluconate), Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Cyanocobalamin), Folic Acid, Vitamin B1 (Thiamin HCl), Biotin, Vitamin B2 (Riboflavin)

# Supplement Facts

Serving Size 1 Stick Pack (7.25 g)

Amount Per Serving		% Daily Value*	
Calories 15			
Total Carbohydrate	5g		2%
Dietary Fiber	3g		16%
Soluble Fiber	3g		†
Other Carbohydrate	0g		†
Includes 0g of added sugar			
Vitamin A	104 mcg RAE	10%	
(100% as Beta-Carotene)			
Vitamin C	45 mg	50%	
(as Ascorbic Acid)			
Vitamin E	30 mg a-TE	200%	
(as D-alpha Tocopheryl Acetate)			
Thiamin	2 mg	170%	
Riboflavin	2 mg	150%	
Niacin	26 mg	160%	
(as Niacinamide)			
Vitamin B6	7 mg	410%	
(as Pyridoxine HCL)			
<b>Biosphere Fiber®</b>		2,228 mg	†
Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta Glucan			
<b>Unicity 7x™</b>		1,404 mg	†
Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic			
<b>Bios Cardio Matrix™</b>		418.5 mg	†
Phytosterols, Chrysanthemum (Flower) Extract, Plicosanol (Sugar Cane Extract)			
<b>Bios Vitamin Complex™</b>			
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 HCL), Biotin, Vitamin B2 (Riboflavin)			

\*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: Orange flavor, Orange Juice Powder, Maltodextrin, Citric Acid, Sucralose.



# 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.

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. This product contains chromium, which may help maintain healthy blood sugar levels.\*