

A Quick-Start Guide to Feel Great

Many paths that lead to a healthier lifestyle include diet, exercise, and stress management. But these healthy habits can be difficult to maintain long term. Despite our best efforts, willpower is simply not enough.

Feel Great is designed to bridge the gap between where you are and where you want to be. Feel Great makes a healthy lifestyle totally doable and enjoyable. No more extreme exercise routines, no more stress, and no more excessive meal prep.

Intermittent Fasting 101

Here's a look at what your Feel Great intermittent fasting schedule might look like.

	Step 1 Start your day with Unimate. Unimate boosts your morning's focus and energy without breaking your fast.
	Step 2 Take Unimate again before a workout, with your lunch, or any time you need to get your focus back on the important stuff.
	Step 3 Take Balance before your heaviest meal of the day to slow the impact of the carbohydrates you consume and to help you through the fasting period.
	Step 4 Start your fast after dinner and wait 16 hours before your next meal.

The most important thing to remember is to fast at least 16 hours between your last meal of the day and your first meal the next day (so, from 8 p.m. to noon). Your meal times outside your fasting window can be adjusted as needed to fit your lifestyle.

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Supports feelings of well-being and relaxation*



Supports healthy cognitive processes*



Promotes satiety*



Supports weight-management efforts*



Promotes healthy digestion*



Promotes the body's ketone production*



Helps maintain endurance and stamina*



Supports overall metabolic health*



Supports healthy cholesterol levels*



Recommended Use

Mix one packet with 17–24 oz. (500–700 mL) of water (add more or less to taste). Use twice daily or as desired. Drink with hot or cold water.

Pro Tip: For easy prep, use a milk frother.

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Helps curb appetite between meals*



Aids in reducing the amount of 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 the 4-4-12 eating pattern and other intermittent fasting methods



Recommended Use

For best results, take before or with your heaviest meal of the day. Mix each packet with 8–10 oz. (240–300 mL) of water. Mix vigorously in a shaker cup. Drink immediately.

Pro Tip: Add powder to the water, not vice versa.