



Feel
Great

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The gap

When it comes to health, there's usually a gap between where we are and where we want to be. With so many processed foods and modern farming techniques that prioritize taste over nutrition, it can be difficult to find nutrient-rich foods. And when facing the prospects of substantial lifestyle changes, impossibly restrictive diets, and extreme exercise regimens, living a healthy lifestyle can feel overwhelming—even unattainable.

We're living busy lives! Our to-do lists are already full. So when it comes down to it, **willpower is not enough**. With so many roadblocks getting in the way of our health goals, we **need** high-quality support.

Feel Great overview

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 guesswork, no more stress, and no more excessive meal prep.

The Feel Great formula is simple:

Unimate + Balance + A Time-Based Eating Pattern

Feel Great will help you feel fuller for longer, prolong your breaks between meals, and give your body the nutrients that it needs. It's time for a fresh start. It's time to feel better than you've felt in years. It's time to FEEL GREAT.



What's in the Feel Great pack

A 30-count box of Balance and two 30-count boxes of Unimate.



How to use

Start your day with Unimate, and drink again before lunch or whenever you need its benefits. Take Balance before or with your heaviest meal. Start your fast after dinner and wait 14–16 hours until your next meal.



Unimate and Balance work together to help you extend the time between dinner and your first meal of the following day. Time-based eating, often referred to as intermittent fasting, has been associated with numerous health benefits:

- Healthy blood pressure
- Improved heart health
- Improved body composition

(See Intermittent Fasting and Insulin on page 8 for more information.)



Get to know Balance

Balance is a pre-meal drink with a patented fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help ease some of the impact that excess carbohydrates and cholesterol can have on the body. Balance is formulated to provide critical vitamins, minerals, and soluble fibers to help curb your appetite.

Science

Balance contains soluble fibers. Viscous, soluble fibers form a thick gel when mixed with water and as they move through the digestive tract. The gel-like substance helps slow the emptying of your stomach, which results in prolonged satiety. Balance is an excellent source of nine essential vitamins and minerals, including vitamin C and vitamin B12. The vitamins and minerals promote proper digestion, optimize the conversion of food to fuel, and support healthy metabolism.

How to use Balance

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

Try this!



Mix Balance with your favorite protein powder (we recommend Unicity Vanilla Complete) to get both high-quality protein and fiber.



Mix Balance with Unimate for the ultimate energy and mood boost.



Try mixing Balance with your favorite flavored water or low-calorie drink for an extra pop of flavor.



Get to know Unimate

Yerba mate has been traditionally used to promote mental clarity, endurance, appetite control, and an improved mood. The yerba mate leaves in Unimate undergo a unique five-step process—handpicking, fire roasting, extracting, concentrating, and purifying. As a result, Unimate is a proprietary extract that boosts the benefits of yerba mate and contains up to 10 times the amount of chlorogenic acids (mood-enhancing, brain-stimulating, feel-good elements) found in a premium cup of coffee.

Science

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—including chlorogenic acids, mate saponins, and theobromine—is known to improve mood, heighten mental clarity, and suppress the appetite.

How to use Unimate

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.

Try this!



Prepare your Unimate hot, and stir with a cinnamon stick.



Try adding a tablespoon of coconut cream to your Unimate.



Need something refreshing? Unimate Lemon over ice provides a cool, delicious recharge.



Try mixing your favorite Unimate flavor with sparkling water.



Add a scoop of protein powder (we recommend Unicity Vanilla Complete) for a more filling, sweeter beverage.

Intermittent fasting and insulin

Insulin is the hormone that's responsible for moving glucose, or sugar, from the blood into the cells for energy. When we eat or drink anything with carbohydrates, blood sugar levels rise, and insulin is released. In the modern diet, more often than not, we have a constant supply of carbs triggering this glucose-insulin response. When the body is in a constant cycle of high blood sugar and high insulin levels, it can become insulin resistant. Over time, this can wreak havoc on the body's systems.

If we stop constantly eating, then we give our bodies the time they need to go into a natural fat-burning state instead of relying on a steady supply of glucose.

To keep our insulin levels in check, we can increase the space between our meals. The less our insulin spikes, the more time we'll spend in the fat-fueled state instead of the carb-fueled state.

Simply put, intermittent fasting is time-based eating that can help the body maintain healthy insulin levels. Intermittent fasting can sound daunting. However, it's not as scary as most people believe.

With the Feel Great approach, we recommend that you wait to eat for 4 hours between your first and second meals of the day, 4 hours between your second and third meals of the day, then wait at least 12–16 hours before eating your first meal the following day. Balance and Unimate are designed to help make time-based eating as easy as possible. Both products work together to help you bridge the gaps between meals.

So try intermittent fasting the Feel Great way, and get ready to feel great!



Feel Great FAQ

Balance

Can I drink Balance more than once per day?

Yes. We recommend taking it with your heaviest meal, but you can take it before other meals as well if desired.

I understand I'm making changes that will impact my digestive 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.

Unimate

Can I take Unimate more than twice per day?

Yes. Because of the caffeine and chlorogenic acid content in Unimate, we don't recommend drinking Unimate before attempting to sleep, but drinking Unimate more than twice a day is okay.

Will Unimate give me the jitters?

Most people report higher energy levels and a lack of jitters as some of the primary benefits of Unimate. Please note that Unimate has about as much caffeine as one cup of premium coffee, so please be careful if you are sensitive to caffeine.

Intermittent Fasting

What if I don't complete the recommended 12–16 hours of fasting before my first meal of the day?

This will sometimes happen. Though you won't experience the full benefits of the fast that day, all is not lost. You will continue reaping the benefits as you keep pushing to make it to the 16-hour fast mark and continue using Unimate to help you get there. The trick is to not miss two days in a row!

Will taking medication with water in the morning break my fast?

No. You may drink as much water as you like while fasting, and medications are effectively noncaloric, meaning your fast will remain unbroken.

General Feel Great Questions

How long will it take for me to see results with Feel Great?

Results will vary. However, we guarantee that you will Feel Great within your first 30 days, so long as you are taking the products daily and consistently.

Will these products create any sort of dependency?

Feel Great products do not create any dependency. You only need to take them for as long as you want to keep Feeling Great!

Feel Great Links

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Shop Feel Great products at shop.unicity.com

Check out ufeelgreat.com/blog for tips and to
learn more about Feel Great