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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 ( $\beta$ -hydroxy  $\beta$ -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.

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.**

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## Benefits

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

## Features



Naturally  
sweetened with  
stevia extract



A natural and  
refreshing peach  
mango flavor



Convenient  
single-serving  
packets for  
on-the-go

## 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. May be taken during or outside of an intermittent fasting eating window.

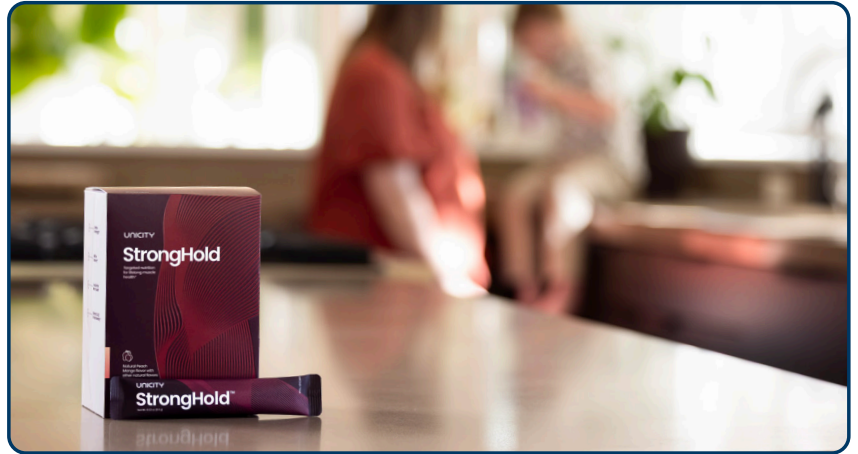
\*StrongHold contains fast-acting, highly concentrated ingredients that may cause occasional discomfort in the new user. Remember that change for the better takes time. If you do experience discomfort, try drinking your StrongHold and additionally drinking 12-16 oz of water. You can also take it with a meal in order to minimize discomfort. StrongHold's ingredients also allow for you to take it when it is best for you. Whether it is with lunch, before a workout, or after a tiring day, StrongHold can benefit you.

## 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 help maintain current muscle mass, 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 a convenient, portable way to proactively support muscle maintenance and strength performance without interrupting their hectic schedule.

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## Ingredients

**L-Leucine** - 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 ( $\beta$ -hydroxy  $\beta$ -methylbutyrate-)** - 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** - 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.

## Supplement Facts

Serving Size 1 Packet (9.4g)

Servings Per Container 30

	Amount per Packet	% Daily Value*
Calories	20	
Total Carbohydrates	2g	1%
Protein	2g	4%
Calcium (from HMB and Whey Protein Isolate)	290mg	22%
Sodium	60mg	3%
Creatine Monohydrate	3g	†
HMB (Calcium Hydroxymethylbutyrate)	2g	†
L-Leucine	0.5g	†

\*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:** Whey Protein Isolate, Natural Flavors, Citric Acid (from Cassava Root), Steviol Glycosides, Salt, Malic Acid.

**CONTAINS:** Milk.

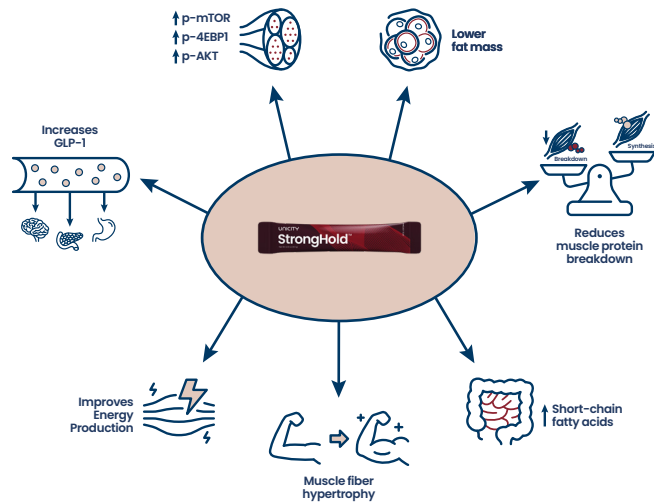
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## StrongHold Science

Our first-generation formula was evaluated in a preclinical study demonstrating significant gains in muscle growth, reduced muscle breakdown, enhanced energy production, and elevated GLP-1 levels.

### Key study outcomes:



Results from a preclinical study

- StrongHold rapidly activated key anabolic signaling pathways in skeletal muscle, which impacts protein synthesis, glucose metabolism, and cellular growth.

- StrongHold significantly elevated levels of GLP-1, an incretin hormone involved in appetite regulation and metabolic health. This may be especially beneficial for individuals managing blood sugar or seeking weight control support.

- StrongHold simultaneously promoted an increase in muscle while reducing fat mass in the body. Body composition, or the relative amount of lean mass to fat tissue, is a critical determinant of metabolic health and longevity.

These findings informed the development of our new, enhanced formula, which builds upon the same foundational science. Our updated formula retains the same core bioactive components while refining the balance of creatine, HMB, and leucine based on mechanistic insights and ingredient synergies.

## 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.



# StrongHold

## FAQs

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### What makes StrongHold different from other protein supplements?

StrongHold is not a traditional protein product. While it does contain a very nominal amount of whey protein isolate, its primary purpose is to activate key cellular pathways to assist your body in the effective use of protein. StrongHold would not replace a protein product; your body still needs higher doses of protein in order to build muscle. While a protein drink provides the building blocks for muscle building, StrongHold can activate the right cellular processes so that those building blocks are used in muscle development, instead of getting lost to digestion.

### 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 support 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 support against 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.