



The smart solution to balanced nutrition.

Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help support weight management and healthy blood sugar levels. This is especially true for soluble fiber. However, the prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in many of the foods we eat.

Balance is a pre-meal drink with a patented fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fibre matrix helps to promote healthy digestion and support the feeling of satiety. Balance contains important vitamins, minerals and soluble fibre to support weight management.

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
- Convenient, on-the-go single-serving stick packs
- Naturally flavored
- Naturally sweetened with stevia extract

Benefits



Fiber supports a longer feeling of satiety



Fiber supports healthy, regular digestion



Fiber supports normal, healthy blood glucose levels



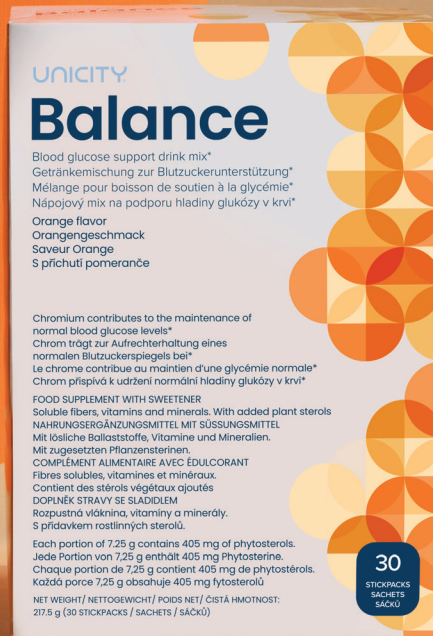
Phytosterols contribute to the maintenance of normal blood cholesterol levels*



Fiber supports healthy weight management



Supports intermittent fasting



Use

For best results, take twice daily, 10–15 minutes before your largest meal. Mix each packet with 8–10 oz. (240–300 mL) of water. Mix vigorously in a shaker cup. Drink immediately.

Ideal For

- Adults looking to increase their fiber intake
- Adults who want to support normal blood glucose levels and healthy metabolism
- Those looking to support their weight-management efforts

Try this



Mix Balance with Complete to get both high-quality protein and fiber.



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



Mix Balance with Super Green + for added phytonutrient benefits.

Featured ingredients

Biosphere Fiber Proprietary Formula®

Biosphere is a unique blend that includes five different sources of fiber. Fiber causes the blood sugar level to rise more slowly after eating and less insulin is released.

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 substance 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. Phytosterols contribute to the maintenance of normal blood cholesterol levels.*

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract).

Bios Vitamin Complex™

The Bios Vitamin Complex is a unique blend that supports healthy metabolism. The 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 (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), Biotin, Riboflavin.

NUTRITIONAL INFORMATION / ZUSAMMENSETZUNG / INFORMATIONS NUTRITIONNELLES / VÝŽIVOVÉ ÚDAJE

Daily portion/ Tagesdosis/ Portion recommandée/ Denní dávka: 1 stickpack/ Stickpack/ sachet/ sáček (7.25 g) Daily portions per container/ Tagesdosen pro Packung/ Portions journalières par emballage/ Počet denních dávek v balení: 30

	Per daily portion / Menge pro Tagesportion / Quantité par dose journalière	%NRV** / %RI** / %VNR**
Vitamin C/ Vitamine C/ Vitámin C	45 mg	56%
Vitamin E/ Vitamine E/ Vitámin E	13 mg	108%
Thiamin/ Thiamine	2 mg	182%
Riboflavin/ Riboflavine	2 mg	143%
Niacin/ Niacine	26 mg	163%
Vitamin B6/ Vitamine B6/ Vitámin B6	7 mg	500%
Folic Acid/ Folsäure/ Acide folique/ Kyselina listová	367 mcg	184%
Vitamin B12/ Vitamine B12/ Vitámin B12	25 mcg	1000%
Biotin/ Biotine	20 mcg	40%
Zinc/ Zink/ Zinek	2.3 mg	23%
Chromium/ Chrom/ Chrome	100 mcg	250%
Soluble fibers/ Lösliche Fasern/ Fibres solubles/ Rozpustná vláknina	3.3 g	-
Resistant maltodextrin/ Resistentes maltodextrin/ Maltodextrine résistante/ Rezistentní maltodextrin	286,2 mg	-
Oat fibers/ Haferfasern/ Fibres d'avoine/ Ovesná vláknina	350 mg	-
Beta glucan/ Beta-Glucane/ Béta-glucanes/ Beta glukán	6 mg	-
Guar gum/ Guarkernmehl/ Gomme guar/ Guma guar	1260 mg	-
Gum arabic/ Gummi arabicum/ Gomme arabique/ Arabská guma	900 mg	-
Citrus pectin/ Zitruspektin/ Pectine d'agrumes/ Citrusový pektin	425 mg	-
Locust bean gum/Johannisbrotkernmehl/ Farine de graines de caroube/ karubin	100 mg	-
Phytosterols/ Phytosterine/ Phytostérols/ Fytosterin	405 mg	-
Policosanol	3,6 mg	-

**Nutrient Reference Values/ **Nährstoffbezugswerte/ **Valeurs nutritionnelles de référence/ **Referenční výživové hodnoty

OTHER INGREDIENTS: Natural Flavors. Resistant maltodextrin, Orange Juice Powder, Citric Acid, Stevia Extract (Rebaudioside-A >75%, Steviol-Glycosides >95%).

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.

UNICITY

Balance

FAQs



How does Balance work?

Balance includes viscous soluble fiber. Viscous soluble fiber forms a thick gel when combined with water and as it moves through the digestive tract. The gel-like substance helps slow the emptying of your stomach, which results in prolonged satiety.

Why are there vitamins and minerals in Balance?

For effective digestion, the body needs numerous vitamins and minerals. The nutrients in Balance contribute to a balanced diet.

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.

Who can take Balance?

We recommend Balance for adults who want to maintain good 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?

It is always best to have Balance before a 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.***

*The beneficial effect is obtained with a daily intake of at least 0,8 g of plant sterols/stanols.

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Balance

Mixed Berry



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- Bios Cardio Matrix: A blend of plant extracts and phytosterols
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	Per daily portion / Menge pro Tagesportion / Quantité par dose journalière	%NRV** / %RI** / %VNR**
Vitamin A/ Vitamine A/ Vitamín A	225,4 mcg	28%
Vitamin C/ Vitamine C/ Vitamín C	47,7 mg	60%
Vitamin E/ Vitamine E/ Vitamín E	13 mg	108%
Thiamin/ Thiamine	2 mg	182%
Riboflavin/ Riboflavine	2 mg	143%
Niacin/ Niacine	25,7 mg	161%
Vitamin B6/ Vitamine B6/ Vitamín B6	7 mg	500%
Folic Acid/ Folsäure/ Acide folique/ Kyselina listová	367 mcg	184%
Vitamin B12/ Vitamine B12/ Vitamín B12	25 mcg	1000%
Biotin/ Biotine	20 mcg	40%
Zinc/ Zink/ Zinek	2,5 mg	25%
Chromium/ Chrom/ Chrome	101 mcg	253%
Soluble fibers/ Lösliche Fasern/ Fibres solubles/ Rozpustná vláknina	3,2 g	-
Resistant maltodextrin/ Resistentes maltodextrin/ Maltodextrine résistante/ Rezistentní maltodextrin	581,5 mg	-
Oat fibers/ Haferfasern/ Fibres d'avoine/ Ovesná vláknina	294 mg	-
Beta glucan/ Beta-Glucane/ Béta-glucanes/ Beta glukán	6 mg	-
Guar gum/ Guarkernmehl/ Gomme guar/ guma guar	1260 mg	-
Gum arabic/ Gummi arabicum/ Gomme arabique/ Arabská guma	900 mg	-
Citrus pectin/ Zitruspektin/ Pectine d'agrumes/ Citrusový pektin	127,5 mg	-
Locust bean gum/ Johannisbrotkernmehl/ Farine de graines de caroube/ karubin	79 mg	-
Phytosterols/ Phytosterine/ Phytostérols/ Fyosterin	405 mg	-
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OTHER INGREDIENTS: Citric Acid, Resistant Maltodextrin, Natural Flavors, Stevia Extract (Rebaudioside A >75%, Steviol Glycoside >95%), Beetroot Powder.

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UNICITY

Balance

FAQs



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UNICITY

Unimate

Lemon



There are some days when you feel like you're on top of the world—it's those kinds of days where you accomplish more, and you do it with style. Other days, your brain feels foggy, and you can't focus. So what makes the difference? How can you make every day a great day?

Unimate helps make great days the rule, not the exception.

Yerba mate comes from a plant native to South America, where it has been consumed in community rituals for hundreds of years. Naturally rich in antioxidants and nutrients, yerba mate has been traditionally used to promote mental clarity, endurance, appetite control, and an improved mood. The yerba mate leaves in Unicity Unimate undergo a unique five-step process—handpicking, fire roasting, extracting, concentrating, and purifying. As a result, Unimate is a proprietary extract that enhances the benefits of yerba mate and contains up to 10 times the amount of chlorogenic acids (feel-good elements) found in a typical cup of coffee. No matter what daily tasks await, Unimate will support your cognitive function and endurance and help you feel great.

Choose Unimate, and choose to feel great.

Features

- High-quality, purified, ultra-concentrated yerba mate
- Rich source of
 - Chlorogenic acids
 - Theobromine
 - Mate saponins
 - Antioxidants
- Convenient single-serving packets
- No added sugar (sweetened with stevia)

Benefits



Supports feelings of well-being and relaxation



Supports energy and a good mood



Helps maintain endurance and stamina

Use

Mix the entire contents of 1 stick pack (5.1 g) with 17–24 oz (500–700 mL) of hot or cold water (add more or less to taste). Drink once a day or more often if desired.

As Unimate does not break your fast, take it first thing in the morning for added satiety and energy support. You can take it again right before your first meal of the day.



Ideal for

Entrepreneurs, Business People, Super Moms, and Super Dads

Unimate provides just the right amount of support to nail that afternoon presentation, finish all the household tasks, or help the kids with the project they just conveniently remembered was due tomorrow.

Athletes

Whether you're working out or enjoying your favorite sporting activity, Unimate helps you tackle it all. The convenient on-the-go packets make it easy to take Unimate with you for those longer excursions.

College Students

Unimate promotes focus and concentration, and it helps you find the motivation to create successful habits and sustain a busy social life.

When to use

- Before working out.
- In the morning to start your day with a boost of energy.
- Between meals.
- Before an important meeting, test, or presentation.
- Whenever you want to combat brain fog or mental fatigue.

Try this



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



Try adding a tablespoon of coconut oil to your Unimate.



Add a tablespoon of Complete powder for a healthier, sweeter beverage.



Try Unimate Lemon with ice for a cool, delicious recharge.



Looking for an extra boost? A Matcha-Unimate combination should do the trick.

The BioSelect™ Process

Unimate is uniquely powerful thanks to **Unicity's BioSelect™ Process**: select harvesting, bioactive preservation, precision refinement, bioactive concentration, and efficacy assurance.



① SELECTIVE HARVESTING



② BIOACTIVE PRESERVATION



③ PRECISION REFINEMENT



④ BIOACTIVE CONCENTRATION



⑤ EFFICACY ASSURANCE

Ingredients

Green yerba mate leaf – Yerba mate comes from the leaves of the holly plant native to the central regions of South America. Yerba mate has been used by indigenous people for centuries. Yerba mate is a natural source of caffeine, and it contains a myriad of natural polyphenols, which have potent antioxidant properties.

• **Yerba mate contains naturally occurring Chlorogenic acids** – Chlorogenic acids are polyphenol compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea. Chlorogenic acids are said to have a number of positive health properties. Furthermore, they are strongly antioxidant.

• **Mate saponins** – Mate saponins are a class of molecules that are specific to the yerba mate plant. They are particularly valuable secondary plant substances.

• **Theobromine** – Theobromine is a molecule that contains a structure similar to caffeine. It is perhaps best known as the mood-boosting molecule found in high-quality chocolate. So theobromine is supposed to put you in a good mood.

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Nutritional Information Zusammensetzung Informations nutritionnelles Výživové údaje

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Servings per container/ Tagesdosen pro Packung/ Portions journalières par emballage/ Počet denních dávek v balení: 30

Per portion / Menge pro Tagesportion / Quantité par dose journalière / Na jednu dávku

Green mate leaf powder extract
Grüner Mateblatt-Pulverextrakt
Extrait de poudre de feuille de maté vert
Extrakt z prášku z listů cesmíny paraguayské

3 g

OTHER INGREDIENTS: Citric Acid, Natural Flavors, Sodium Gluconate, Stevia Leaf Extract.

UNICITY

Unimate

FAQs



Is the new Unimate Lemon any different from the previous Unimate Lemon?

The new Unimate Lemon is an exciting update to our current Unimate formula. It contains the same potent yerba mate extract with the same amazing benefits, but is naturally flavored and sweetened with Stevia.

How much caffeine is in one serving of Unimate?

The product has been tested for an upper caffeine limit, and it has about as much caffeine as one cup of premium coffee. However, since natural ingredients can have some variation, the caffeine amount is not standardized.

Can I take Unimate with Unicity Matcha?

Yes, you can use both products at the same time. Both products contain caffeine, so caffeine-sensitive individuals would be well advised to not drink the beverages together or before bed.

Is this product compatible with ketogenic or other low-carb diets?

Unimate is ideal for the keto diet or other low-carb diets because it doesn't break your fast and helps you last longer until your next meal. This allows the body to enter the fat burning zone where it will eventually start to produce ketones.

How is Unimate Lemon different from Unicity Matcha?

Unicity Matcha mainly provides energy for the body, Unimate Lemon more of a mental energy.

Matcha supports energy production, Unimate Lemon promotes improved mood, sense of well being and a feeling like you can accomplish anything.

Why can't pregnant or nursing women use this product? Can kids use Unimate?

Unicity does not test products on children, pregnant women, or nursing women. Therefore, Unicity cannot recommend usage for these demographics. It is also good to note that Unimate does contain natural caffeine, and many sources indicate that caffeine may not be good for pregnant women or young children.

What are chlorogenic acids?

Chlorogenic acids are a family of polyphenol compounds found in plants like yerba mate, green coffee beans, and tea. They have strong antioxidant benefits.

What are mate saponins?

Mate saponins - Mate saponins are a class of molecules that are specific to the yerba mate plant. They are particularly valuable secondary plant substances.

What is theobromine?

Theobromine is a molecule that is similar in structure to caffeine. It is perhaps best known as the mood-boosting molecule found in high-quality chocolate. So theobromine is supposed to put you in a good mood.

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Unimate

Lemon Ginger



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Features

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- Rich source of
 - Chlorogenic acids
 - Theobromine
 - Mate saponins
 - Antioxidants
- Convenient single-serving packets
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Benefits



Supports feelings of well-being and relaxation



Supports energy and a good mood



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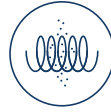
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• **Yerba mate contains naturally occurring Chlorogenic acids** – Chlorogenic acids are polyphenol compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea. Chlorogenic acids are said to have a number of positive health properties. Furthermore, they are strongly antioxidant.

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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 million around the world live better lives.

Nutritional Information Zusammensetzung Informations nutritionnelles Výživové údaje

Serving size/ Tagesdosis/ Portion recommandée/ Denní dávka: 1 stickpack/ Stickpack/ sachet/ sáček (5,1 g)
Servings per container/ Tagesdosen pro Packung/ Portions journalières par emballage/ Počet denních dávek v balení: 30

Per portion / Menge pro Tagesportion / Quantité par dose journalière / Na jednu dávku

Green mate leaf powder extract
Grüner Mateblatt-Pulverextrakt
Extrait de poudre de feuille de maté vert
Extrakt z prášku z listů cesmíny paraguayské

3 g

OTHER INGREDIENTS: Erythritol, Citric Acid, Sodium Gluconate Natural Flavors, Ginger Root Extract, Rebaudioside A, Sucralose.

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Unimate

FAQs



Is the new Unimate Lemon Ginger any different from the previous Unimate Lemon Ginger?

The new Unimate Lemon Ginger is an exciting update to our current Unimate formula. It contains the same potent yerba mate extract with the same amazing benefits, but is naturally flavored and sweetened with Stevia.

How much caffeine is in one serving of Unimate?

The product has been tested for an upper caffeine limit, and it has about as much caffeine as one cup of premium coffee. However, since natural ingredients can have some variation, the caffeine amount is not standardized.

Can I take Unimate with Unicity Matcha?

Yes, you can use both products at the same time. Both products contain caffeine, so caffeine-sensitive individuals would be well advised to not drink the beverages together or before bed.

Is this product compatible with ketogenic or other low-carb diets?

Unimate is ideal for the keto diet or other low-carb diets because it doesn't break your fast and helps you last longer until your next meal. This allows the body to enter the fat burning zone where it will eventually start to produce ketones.

How is Unimate Lemon Ginger different from Unicity Matcha?

Unicity Matcha mainly provides energy for the body, Unimate Lemon Ginger more of a mental

energy. Matcha supports energy production, Unimate Lemon Ginger promotes improved mood, sense of well being and a feeling like you can accomplish anything.

Why can't pregnant or nursing women use this product? Can kids use Unimate?

Unicity does not test products on children, pregnant women, or nursing women. Therefore, Unicity cannot recommend usage for these demographics. It is also good to note that Unimate does contain natural caffeine, and many sources indicate that caffeine may not be good for pregnant women or young children.

What are chlorogenic acids?

Chlorogenic acids are a family of polyphenol compounds found in plants like yerba mate, green coffee beans, and tea. They have strong antioxidant benefits.

What are mate saponins?

Mate saponins - Mate saponins are a class of molecules that are specific to the yerba mate plant. They are particularly valuable secondary plant substances.

What is theobromine?

Theobromine is a molecule that is similar in structure to caffeine. It is perhaps best known as the mood-boosting molecule found in high-quality chocolate. So theobromine is supposed to put you in a good mood.

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The Health Intervention Company™ - Unicity designs and develops innovative nutritional products that make healthy living doable in an on-the-go world.

This product is not intended to diagnose, treat, cure, or prevent any disease