UNICITY

Balance

The smart solution to balanced nutrition

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. Soluble fibers can support important bodily functions like healthy metabolism.

Unicity Balance is a pre-meal drink with a proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber blend utilized in Balance helps to support healthy metabolism, including healthy glucose metabolism. Balance is formulated to provide critical vitamins, minerals, and soluble fibers to help support normal blood glucose levels and provide antioxidants.

Balance: for healthy metabolism and normal blood glucose levels.

Features

- Proprietary blend of five soluble fibers
- 7x — Specialized blend of plant-derived polysaccharides and Gum Arabic
- Plant extract and phytosterols
- Unique blend of vitamins and minerals
- Naturally flavored
- Naturally sweetened with stevia extract

Benefits

- Provides support for healthy glucose metabolism
- Helps maintain healthy cholesterol levels with two servings a day
- Source of vitamins and minerals, factors in the maintenance of good health

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Certifications

- Third-party tested
- Halal certified
- Gluten free
- Made in GMP-certified facilities
- Kosher certified

Flavors

Natural Orange

Mixed Berry

Try this

- Mix with **Unimate** for the ultimate Feel Great combination

Use

- Take 1 stick pack once daily. Mix with 240 mL water and drink immediately. Take with food, a few hours before or after taking medications or other natural health products.
- For added benefits, combine Unicity Balance with a form of intermittent fasting, such as 16:8

Ideal for

- Adults wanting to increase their fiber intake
- Individuals interested in maintaining healthy glucose levels
- Adults looking for support of a healthy metabolism

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Ingredients

Proprietary fiber blend: Balance contains a unique blend that includes five different sources of fiber. These fibers help support metabolism and maintenance of normal blood glucose levels.

Ingredients: Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta-Glucan

Plant-derived polysaccharides: Our 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.

Ingredients: Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic

Plant extract and phytosterols: This blend of a plant extract and phytosterols support the body's healthy metabolic processes, including the ability to metabolize nutrients.

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract)

Stevia: Stevia is a naturally derived plant sweetener that helps improve the product's taste.

Vitamins and minerals: Balance provides a unique blend of vitamins and minerals that play a key role in the maintenance of good health and protect the fat in the body tissues from oxidation.

Ingredients: Calcium Carbonate, Vitamin C (ascorbic acid), Chromium, Vitamin A, 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, Riboflavin

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.

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Balance

MEDICINAL INGREDIENTS (PER STICK PACK) | INGRÉDIENTS MÉDICINAUX (PAR SACHET)

Guar Gum (*Cyamopsis tetragonoloba*, seed endosperm) | Gomme de guar (*Cyamopsis tetragonoloba* - endosperme de graine)	1.275 g
Acacia (*Senegalia senegal*, gum) | Acacia (*Senegalia senegal* - gomme)	765 mg
Locust Bean (*Ceratonia siliqua*, gum) | Caroube (*Ceratonia siliqua*, gomme)	80 mg
Free Plant Sterols (Glycine max seed and *Brassica napus* - Whole.) std. to 80.0% Combined beta-Sitosterol, Campesterol and Stigmasterol) | Stérols végétaux libres (graines de *Glycine max* et *Brassica napus* - entiers), std à 80 % de bêta-sitostérol, campestérol et stigmastérol combinés	405 mg
Pectin (*Citrus sinensis* - fruit) | Pectine (*Citrus sinensis* - fruit)	127.5 mg
Oat (*Avena sativa*, seed) | Avoine (*Avena sativa* - grain)	332.5 mg
Vitamin C (Ascorbic acid) | Vitamine C (acide ascorbique)	48.2 mg
Beta-Carotene (synthetic) | Bêta-carotène (synthétique)	449.5 mcg (749.5 IU)
Vitamin E (DL-alpha tocopherv1 acetate) | Vitamine E (acétate de d-alpha tocophéryl)	13.5 mg AT(20.2 IU)
Niacin (from Niacinamide) | Niacine (de la Niacinamide)	26.1 mg
Vitamin B2 (Riboflavin) | Vitamine B2 (riboflavine)	2 mg
Vitamin B1 (Thiamine hydrochloride) | Vitamine B1 (chlorhydrate de thiamine)	2 mg
Vitamin B6 (Pyridoxine hydrochloride) | Vitamine B6 (chlorhydrate de pyridoxine)	7 mg
Folate (Folic Acid) | Folates (acide folique)	220 mcg
Vitamin B12 (Cyanocobalamin) Vitamine B12 (cyanocobalamine)	25 mcg
Biotin | Biotine	20 mcg
Calcium (Calcium carbonate) | Calcium (carbonate de calcium)	61.5 mg
Zinc (Zinc gluconate) | Zinc (gluconate de zinc)	2.3 mg
Chromium (Chromium-enriched yeast) | Chrome (levure enrichie en chrome)	100.9 mcg
Oat (Seed bran of *Avena sativa; 2.4:1*) Extract | Extrait d'avoine (son d'*Avena sativa; 2,4:1*)	40 mg (QCE: 96 mg)
Policosanol (*Saccharum officinarum* - Wax) | Policosanol (*Saccharum officinarum* - cire)	3.6 mg

NON-MEDICINAL INGREDIENTS: Resistant maltodextrins, Orange flavor, Orange Juice Powder, Citric acid, Flavour, Steviol glycosides

Provides support for healthy glucose metabolism. Helps to maintain/support normal blood glucose levels.

INGRÉDIENTS NON-MÉDICINAUX: maltodextrines résistantes, saveur d'orange, poudre de jus d'orange, acide citrique, arôme, glycosides de stéviol

Contribue à un métabolisme sain du glucose. Contribue à maintenir/soutenir des niveaux normaux de glucose dans le sang.

MEDICINAL INGREDIENTS (PER PACKET) | INGRÉDIENTS MÉDICINAUX (PAR SACHET)

Guar Gum (*Cyamopsis tetragonoloba*, seed endosperm) | Gomme de guar (*Cyamopsis tetragonoloba* - endosperme de graine)	1.275 g
Acacia (*Senegalia senegal*, gum) | Acacia (*Senegalia senegal* - gomme)	765 mg
Locust Bean (*Ceratonia siliqua*, gum) | Caroube (*Ceratonia siliqua* - gomme)	80 mg
Free Plant Sterols (Glycine max seed and *Brassica napus* - Whole.) std. to 80.0% Combined beta-Sitosterol, Campesterol and Stigmasterol) | Stérols végétaux libres (graines de *Glycine max* et *Brassica napus* - entiers), std à 80 % de bêta-sitostérol, campestérol et stigmastérol combinés	405 mg
Pectin (*Citrus sinensis* - fruit) | Pectine (*Citrus sinensis* - fruit)	127.5 mg
Oat (*Avena sativa*, seed) | Avoine (*Avena sativa* - grain)	332.5 mg
Vitamin C (Ascorbic acid) | Vitamine C (acide ascorbique)	48.2 mg
Vitamin A (all-trans-Retinyl Acetate) | Vitamine A (acétate de rétinyle tout trans)	225.4 mcg RAE
Vitamin E (DL-alpha tocopherv1 acetate) | Vitamine E (acétate de d-alpha tocophéryl)	13.5 mg AT(20.2 IU)
Niacin (from Niacinamide) | Niacine (de la niacinamide)	26.1 mg
Vitamin B2 (Riboflavin) | Vitamine B2 (riboflavine)	2 mg
Vitamin B1 (Thiamine hydrochloride) | Vitamine B1 (chlorhydrate de thiamine)	2 mg
Vitamin B6 (Pyridoxine hydrochloride) | Vitamine B6 (chlorhydrate de pyridoxine)	7 mg
Folate (Folic Acid) | Folates (acide folique)	220 mcg
Vitamin B12 (Cyanocobalamin) Vitamine B12 (cyanocobalamine)	25 mcg
Biotin | Biotine	20 mcg
Calcium (Calcium carbonate) | Calcium (carbonate de calcium)	61.5 mg
Zinc (Zinc gluconate) | Zinc (gluconate de zinc)	2.3 mg
Chromium (Chromium-enriched yeast) | Chrome (levure enrichie en chrome)	100.9 mcg
Oat (Seed bran of *Avena sativa; 2.4:1*) Extract | Extrait d'avoine (son d'*Avena sativa; 2,4:1*)	40 mg (QCE: 96 mg)
Policosanol (*Saccharum officinarum* - Wax) | Policosanol (*Saccharum officinarum* - cire)	3.6 mg

NON-MEDICINAL INGREDIENTS: Resistant maltodextrins, Steviol glycosides, Citric acid, Beetroot red, Strawberry Flavour, Raspberry Flavour.

Provides support for healthy glucose metabolism. Helps to maintain/support normal blood glucose levels.

INGRÉDIENTS NON-MÉDICINAUX: Maltodextrines résistantes, Glycosides de stéviol, Acide citrique, Colorant rouge betterave, Arôme de fraise, Arôme de framboise.

Favorise un métabolisme sain du glucose. Contribue à maintenir des niveaux normaux de glucose dans le sang.

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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 the food in your stomach.

Why are there vitamins and minerals in Balance?

The addition of vitamins and minerals in Balance support the nutrient content and support biological functions that play a key role in the maintenance of overall good health and metabolism.

Can I take Balance at other times of the day or before having a snack?

Yes. Many people who take Balance find that they consume fewer snacks between meals, and if they indulge, they feel better afterward.

Who can take Balance?

We recommend Balance for adults who want to maintain good metabolic health. Pregnant and nursing women should consult their physician before taking Balance. Consult a health care practitioner prior to use if you have diabetes, or if you are taking blood thinners or antiplatelet drugs.

Can I drink Balance with other Unicity fiber products?

Each person's dietary fiber tolerance is different. When adding new sources of fiber to your diet, take it slow to avoid gastrointestinal discomfort.

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. It will still have some effect on the food that was eaten.

Can I take this product with less than the recommended amount of water?

Taking this product without the recommended amount of liquid may cause choking. Do not use this product if you have difficulty swallowing.

What if I experience heartburn while using Balance?

If you are experiencing heartburn with Balance, try reducing the size of your meals, eating more slowly to allow your body ample time to digest, or starting with a half serving while your body adjusts. These can help reduce bloating and reduce pressure on your stomach.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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