



Balance

The smart solution to balanced nutrition



Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help lessen the impact excess dietary carbohydrates and cholesterol can have on the body. Soluble fibers, in particular, help support important bodily functions, like helping to maintain healthy cholesterol and blood sugar levels. However, 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.

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

Features



Biosphere Fiber®: A proprietary blend of five soluble fibers



Unicity 7x™: A specialized blend of plant-derived polysaccharides & Gum Arabic



Bios Cardio Matrix™: A blend of plant extracts and phytosterols



Convenient single-serving packets



Naturally flavored



Naturally sweetened with stevia extract

Benefits

- Helps curb appetite between meals*
- Aids in reducing the amount of dietary 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 time-based eating and other intermittent fasting methods



Balance



Certifications



Third-party tested



Halal certified



Gluten free



Made in GMP-certified facilities



Kosher certified

Flavors



Natural Orange



Mixed Berry

Try this

- Mix with **Oasis** for added skin health benefits
- Mix with **Super Green+** for antioxidants and phytonutrients

Use

- Take 1–2 times daily before or with meals
- Mix each stick pack with 8–10 oz. (240–300 mL) of water and drink immediately
- For added benefits, combine with intermittent fasting like 16:8

Ideal for

- Adults wanting to increase their fiber intake
- Individuals interested in maintaining healthy blood sugar and cholesterol levels
- Those looking to support their weight-management efforts



Balance

Ingredients

Biosphere Fiber Proprietary Formula®: Biosphere is a unique blend that includes five different sources of fiber. These fibers help support cholesterol levels and slow the conversion of high-glycemic carbohydrates into blood glucose.

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

Bios Cardio Matrix™: Bios Cardio Matrix is a blend of plant extracts and phytosterols that supports the body's cholesterol absorption process. The blend can help limit the absorption of dietary cholesterol.

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract)

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 consistency 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 that supports the body's cholesterol absorption process. The blend can help limit the absorption of dietary cholesterol. **Ingredients:** Phytosterols, Policosanol (Sugar Cane Extract)

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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Supplement Facts

Serving Size 1 Packet (7.25g) Servings Per Container 30

Amount per Packet		% Daily Value*			
Calories	15				
Total Carbohydrates	5g		2%		
Dietary Fiber	4g		14%		
Soluble Fiber	4g		†		
Total Sugars	0g		†		
Includes 0g of added sugar					
Vitamin A (100% as Beta-Carotene)	104 mcg RAE	10%	Folic Acid	367 mcg DFE	90%
Vitamin C (as Ascorbic Acid)	45 mg	50%	Vitamin B12 (as Cyanocobalamin)	25 mcg	1040%
Vitamin E (as D-Alpha Tocopheryl Acetate)	13 mg α-TE	90%	Biotin	20 mcg	70%
Thiamin	2 mg	170%	Calcium (as Calcium Carbonate)	60 mg	4%
Riboflavin	2 mg	150%	Zinc (as Zinc Gluconate)	23 mg	20%
Niacin (as Niacinamide)	26 mg	160%	Chromium	100 mcg	290%
Vitamin B6 (as Pyridoxine HCL)	7 mg	410%			
Biosphere Fiber® Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta Glucan Unicity 7x™ Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic Bios Cardio Matrix™ Phytosterols, Policosanol (Sugar Cane Extract)				2,228 mg	†
				1,404 mg	†
				411 mg	†

*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.

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Soluble Fiber	4g		†		
Total Sugars	0g		†		
Includes 0g of added sugar					
Vitamin A (100% as Beta-Carotene)	225 mcg RAE	25%	Folic Acid	367 mcg DFE	90%
Vitamin C (as Ascorbic Acid)	45 mg	50%	Vitamin B12 (as Cyanocobalamin)	25 mcg	1040%
Vitamin E (as D-Alpha Tocopheryl Acetate)	13 mg α-TE	90%	Biotin	20 mcg	70%
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OTHER INGREDIENTS: Natural Flavors, Resistant Maltodextrin, Orange Juice Powder, Citric Acid, Stevia Extract (Rebaudioside A >75%, Steviol Glycosides >95%).

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FAQs

How does Balance work?

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

Why are there vitamins and minerals in Balance?

The vitamins and minerals in Balance help support proper digestion and help the body's enzymes work efficiently.

Who can take Balance?

We recommend Balance for adults who want to maintain good digestive and metabolic 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?

Balance is designed to be taken before your 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.

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.

Is Balance third-party tested?

Yes. All our products are tested by an independent third party to verify ingredient accuracy, purity, and safety. We do this to ensure you get exactly what we promise—nothing more, nothing less.



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

*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.