



Unimate

Ultra-concentrated
yerba mate drink mix



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?

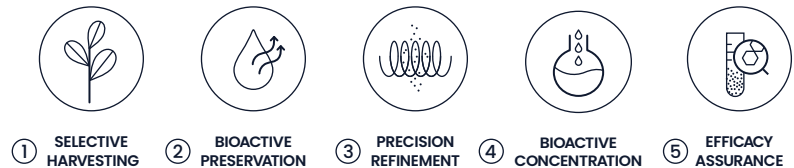
Unimate helps make great days the rule, not the exception.

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. The result 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 and 20 times the chlorogenic acids found in other commercially available yerba mate products. No matter what daily tasks await, Unimate will support your cognitive function and endurance and help you feel great.

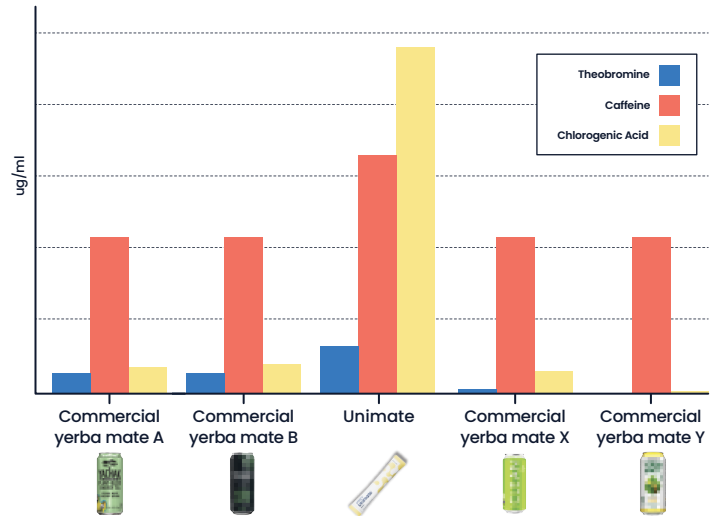
Choose Unimate, and choose to feel great.

The BioSelect™ Process

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



Unimate



Commercial yerba mate vs Unimate

These findings are based on a study conducted by Unicity.

Features



High-quality, purified, ultra-concentrated yerba mate



Naturally sourced flavors & ingredients



No artificial colors or preservatives



No added sugar (sweetened with stevia)



Rich source of Chlorogenic acids, Theobromine, Mate saponins, and Antioxidants



Convenient single-serving stick packs

Benefits

- Supports feelings of well-being*
- Supports healthy cognitive processes*
- Helps maintain endurance and stamina*
- Promotes satiety*
- Supports weight-management efforts*
- Promotes the body's ketone production*



Unimate



Certifications

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

Flavors

			
Unimate Natural Lemon	Unimate Lemon Ginger	Raspberry Pomegranate	Unimate Apple Spice (LTO)

When to use

- In the morning to kickstart your day and extend your fast
- Before a workout for clean, sustained energy
- Prior to meals to promote satiety and reduce cravings
- Ahead of meetings, tests, or presentations for mental clarity and focus
- Anytime you need a lift to overcome fatigue or brain fog

Try this

- Enjoy Unimate your way—hot or ice cold—based on your personal preference.
- For a refreshing twist, add fresh mint and a touch of honey to any Unimate flavor.
- Mix with 2 cups of water and freeze into popsicle molds for a cool, energizing summer treat.

Unimate

Use

- Mix the entire contents of 1 stick pack with 17-24 oz (500-700 mL) of hot or cold water. Drink 2 times daily.
- Take first thing in the morning and again before your first meal.

Ideal for

- Individuals looking to boost mental clarity, focus, and mood
- Anyone battling brain fog or afternoon energy crashes
- Those practicing intermittent fasting who want support with satiety and sustained energy
- Busy professionals, students, and parents who need support with long-lasting mental stamina
- People seeking a healthier alternative to coffee or energy drinks

Ingredients

Greena 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 polyphenolic compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea. Chlorogenic acids have significant biological effects on the body, including supporting healthy brain function, promoting an improved mood, and regulating lipid and glucose metabolism.
- **Mate saponins** - Mate saponins are a class of molecules that are specific to the yerba mate plant. Mate saponins support metabolic flexibility.

- **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. Theobromine promotes feelings of calm, improves focus, and reduces mental fatigue.

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.

Unimate



Supplement Facts		
Serving Size 1 Stick Pack (5.1g)		
Servings Per Container 30		
Amount Per Stick Pack	% Daily Value*	
Calories	15	
Total Fat	0g	0%
Total Carbohydrate	2g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugar		0%
Sodium	40mg	2%
Unimate (Green Mate Leaf Extract) Powder	3g	†

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value not established

OTHER INGREDIENTS: Citric Acid (from Cassava Root), Natural Flavors, Sodium Gluconate, Steviol Glycosides



Supplement Facts		
Serving Size 1 Stick Pack (5.3g)		
Servings Per Container 30		
Amount Per Stick Pack	% Daily Value*	
Calories	15	
Total Fat	0 g	0%
Total Carbohydrate	2 g	1%
Dietary Fiber	0 g	0%
Total Sugars	0 g	
Includes 0g of added sugar		0%
Sodium	40 mg	2%
Unimate (Green Mate Leaf Extract) Powder	3 g	†
Ginger (Root) Extract (Standardized to 5% Gingerols)	350 mg	†

* Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

OTHER INGREDIENTS: Citric Acid (from Cassava Root), Natural Flavors, Steviol Glycosides, Salt.



Supplement Facts		
Serving Size 1 Stick Pack (5.8g)		
Servings Per Container 30		
Amount Per Stick Pack	% Daily Value*	
Calories	15	
Total Fat	0g	0%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 0g Added Sugar		0%
Sodium	95mg	4%
Unimate (Green Mate Leaf Extract) Powder	3g	†
Pomegranate (Fruit) Extract	150 mg	†

* Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

OTHER INGREDIENTS: Natural Flavors, Citric Acid, Salt, Beetroot Powder (for color), Steviol Glycosides.



Supplement Facts		
Serving Size 1 Stick Pack (5.6g)		
Servings Per Container 30		
Amount Per Stick Pack	% Daily Value*	
Calories	10	
Total Carbohydrate	3 g	1%
Dietary Fiber	< 1 g	2%
Total Sugars	< 1 g	
Includes 0g of added sugar		0%
Sodium	75 mg	3%
UniMate (Green Mate Leaf Extract) Powder	3 g	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

OTHER INGREDIENTS: Natural Flavors, Citric Acid, Sodium Gluconate, Coconut Creamer (Coconut Oil, Soluble Vegetable Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Rebudioside A, Salt.

Unimate

FAQs

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

Unimate Natural Lemon is an exciting update to our current Unimate formula. Natural Lemon 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 keto or other low-carb diets because it helps make the body more efficient at producing ketones, the body's quick energy source from fat. Unimate prevents that tired, empty, listless feeling that comes from not having enough to eat because it helps the body use stored fat for energy.

What are mate saponins?

Mate saponins are a class of saponin molecules that are specific to the yerba mate plant. Mate saponins have been shown to have significant biological effects, particularly in the realm of weight loss and fat burning.

How is this product different from Unicity Matcha?

The two products differ in the types of energy they provide: Unicity Matcha supports physical energy, and Unimate supports mental energy. Matcha increases the amount of energy (ATP) produced, resulting in more cellular energy. Unimate promotes an improved mood, a sense of well-being, and it promotes the feeling that you can accomplish anything. Additionally, since Unimate also enhances ketone production, ketones can provide energy as well.

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 polyphenolic compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea. They have important biological effects, including supporting healthy blood pressure, supporting healthy brain function, and promoting an improved mood. Unimate contains around 20 times more chlorogenic acids than standard yerba mate drinks.

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. Theobromine promotes feelings of calm, improves focus, and reduces mental fatigue.

What if I experience heartburn while on the Feel Great system?

If you are experiencing heartburn with Unimate, it could be that your stomach is more sensitive to caffeine intake or the flavor. Give your body a few weeks to adapt and in the meantime, avoid drinking additional caffeinated products. You may also try drinking Unimate slowly over a longer period of time, drinking a half serving, or adding more water when you prepare Unimate.

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.



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.





Balance



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.

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)	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%
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.

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

OTHER INGREDIENTS: Citric Acid, Resistant Maltodextrin, Natural Flavors, Stevia Extract (Rebaudioside A >75%, Steviol Glycoside >95%), Beetroot Powder.



Balance

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.

UNICITY

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 (β -hydroxy β -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.

UNICITY

StrongHold

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.

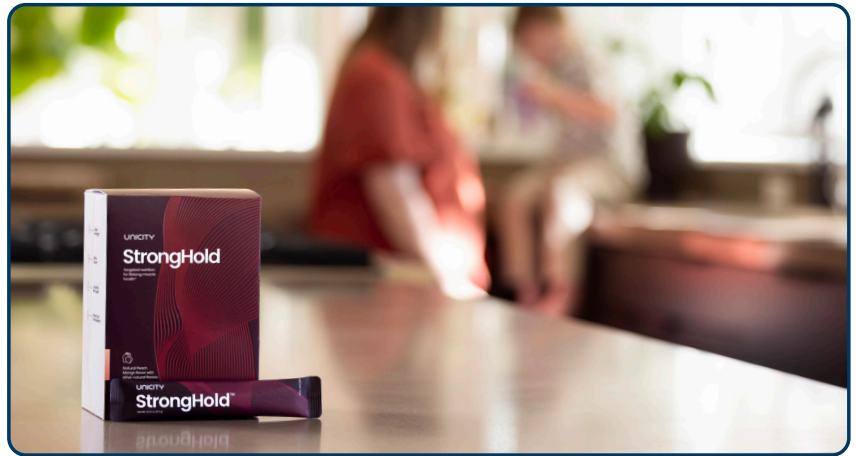
*StrongHold contains fast-acting, highly concentrated ingredients that may cause occasional discomfort in the new user. Remember that change for the better takes time. If you do experience discomfort, try drinking your StrongHold and additionally drinking 12-16 oz of water. You can also take it with 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.

UNICITY

StrongHold



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 (β-hydroxy β-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.

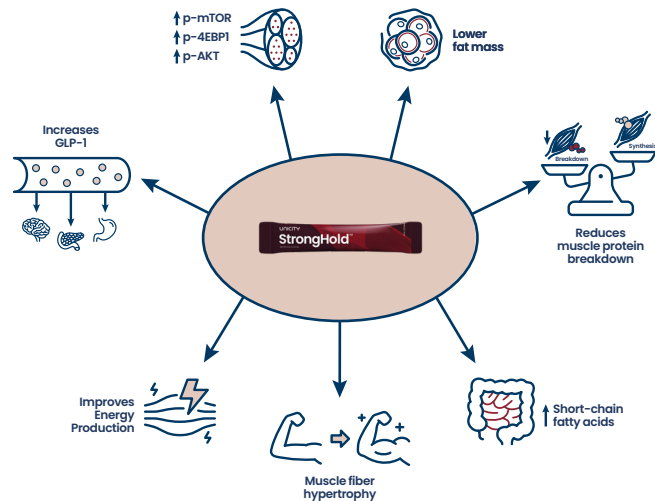
UNICITY

StrongHold

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

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.