

UNICITY

Balance

Orange



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
- Bios Cardio Matrix: A blend of plant extracts and phytosterols
- Convenient, on-the-go single-serving stick packs
- Naturally flavored
- Sweetened with sucralose, which is often better tolerated than stevia by those with sensitivities

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 Lean 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, Gum Arabic, Locust Bean Gum, Pectin, Oat Fibres, Maltodextrin from Maize, Beta-Glucan.

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.

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: Soy Concentrate, Sugar Beet 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: Biotin, Calcium Carbonate, Folic Acid, Nicotinamide, Beta-Carotene, Thiamine Hydrochloride, Riboflavin, Pyridoxine Hydrochloride, Cyanocobalamin, Ascorbic Acid, D-alpha-tocopheryl Acetate, Zinc Gluconate, Chromium Picolinate.

Durchschnittliche Nährwerte pro Sachet • Valeurs nutritives moyennes par sachet • Valori nutritivi medi per bustina

Pro-per Sachet / Par Sachet / Per Bustina		
Brennwert • energy • energia	70 kJ • 20 kcal	
Eiweiß • Protéines • Proteina	< 0,5 g	
Kohlenhydrate • Glucides • Carboidrati	3 g	
— davon Zucker • dont sucre • di cui zuccheri	0 g	
Ballaststoffe • Fibres alimentaires • Fibre alimentari	3,5 g	
Natrium • Sodium • Sodio	0.010 g	
<hr/>		
Vitamin A • (aus Pro-Vitamin A)	260 µg	32%*
Vitamine A (de la provitamine A)		
Vitamina A (da provitamina A)		
Vitamin B1 • Vitamine B1 • Vitamina B1	1,75 mg	(159%*)
Vitamin B2 • Vitamine B2 • Vitamina B2	1,75 mg	(125%*)
Vitamin B6 • Vitamine B6 • Vitamina B6	1,75 mg	(125%*)
Vitamin B12 • Vitamine B12 • Vitamina B12	2,5 µg	(100%*)
Niacin • Niacine • Niacina	20 mg	125%*
Folsäure • Acide Folique • Acido Folico	220 µg	110%*
Vitamin C • (aus Pro-Vitamin C)	45 mg	(56%*)
Vitamin E • (aus Pro-Vitamin E)	13,7 mg	(114%*)
Chrom • Chrome • Cromo	100 µg	250%*

Portionsgröße & empfohlene tägliche Verzehrsmenge: 1 Sachet à 7,25g
Grandeur de la portion & quantité journalière recommandée: 1 sachet de 7,25g
Grandezza della porzione & dose giornaliera raccomandata: 1 bustina da 7,25g

* % empfohlene Tagesdosis • % apport journalier recommandé • % dose giornaliera raccomandata

OTHER INGREDIENTS: Orange Juice Powder, Sweetener: Sucralose, Acidity Regulator: citric acid.

CONTAINS: Soy. May contain traces of gluten.

Designed for you

Unicity is committed to develop 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.

**Nutritional supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

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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