

UNICITY

# Signal

Beyond minerals. It's electrical restoration.\*



Do you ever feel drained, mentally foggy, or just “off”, even when you’re drinking plenty of water? True hydration isn’t about how much water you drink. It’s about delivering the right balance of electrolytes that move water into your cells and keep them functioning at their best.

This isn’t a sign of weakness; it’s a cellular voltage crisis, a breakdown in your body’s electrical balance that worsens with age, stress, and modern lifestyles. Without the right electrolytes to power these cellular processes, water simply can’t reach the cells where it’s needed most. The result? A cascade that impacts everything from mental clarity and energy to skin health and overall well-being.

**Unicity Signal** is the world’s first bioelectrical restoration protocol. Unlike basic electrolyte drinks that provide temporary relief, Signal targets the root cause: the gradual depletion of your body’s cellular electrical capacity. It’s built to address hydration on two levels.

Level 1: A blend of highly bioavailable electrolytes—**magnesium, potassium, sodium, calcium**—and key trace minerals like zinc restores the balance your cells need for true hydration.

Level 2: A unique, precise combination of **L-citrulline** and **beetroot extract** boosts nitric oxide production to support blood flow, delivering oxygen and nutrients efficiently throughout the body.

# UNICITY Signal

**Unicity Signal** helps you feel like you again—clear-headed, energized, and ready for whatever the day throws at you. No more dragging through afternoons or needing a third coffee just to function. Whether you're chasing kids, crushing deadlines, or pushing through a tough workout, you'll have the energy and mental clarity to actually enjoy it. This is what proper hydration feels like: showing up at your best, consistently, without the crash.

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## Features

- Contains a precise dose of L-citrulline and beetroot extract
- Full spectrum of highly absorbable minerals:
  - Magnesium malate
  - Potassium
  - Sodium
  - Calcium citrate malate
  - Zinc
- Sugar-free
- Caffeine-free
- Fasting-friendly
- Naturally flavored and sweetened with stevia
- Contains no artificial colors and flavors
- Convenient single-serve stick packs

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## 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 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.**

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## Benefits

- Supports sharp focus and a clear mind\*
- Enhances nutrient and oxygen delivery\*
- Promotes foundational wellness and cellular health\*
- Delivers deep and lasting hydration\*
- Offers antioxidant support for cellular protection\*
- Provides lasting energy and reduces fatigue\*

## Use

Mix 1 stick pack with 16–18 oz (470–530 mL) of water (add more or less to taste) and drink 1–2 times daily, or as desired.

## Ideal for

- Those looking to elevate their hydration at the cellular level
- People who feel tired or foggy even when drinking plenty of water
- Intermittent fasters (fasting increases fluid loss while reducing electrolyte intake)
- Athletes and active individuals prioritizing performance and recovery
- Those seeking sustained mental clarity and focus without caffeine
- Anyone wanting to upgrade their hydration beyond basic water or sports drinks

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Customer Service: 1-800-864-2489

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## Ingredients

**L-citrulline** – L-citrulline plays a pivotal role in cardiovascular health, hydration, and exercise performance. In the body, it is converted to L-arginine, which drives nitric oxide synthesis—a key mechanism for vasodilation and improved blood flow. Enhanced circulation not only supports efficient oxygen and nutrient delivery to working muscles, but also optimizes the transport of fluids and electrolytes to maintain cellular hydration. Clinical studies further demonstrate its ability to reduce post-exercise muscle soreness and accelerate recovery, making L-citrulline an essential component for sustaining endurance, hydration, and resilience across all stages of training and aging.

**Beetroot extract** – Rich in natural dietary nitrates which are a key contributor to nitric oxide production and blood flow. By promoting vasodilation, it improves blood flow, oxygen delivery, and the efficient transport of nutrients and electrolytes—critical factors for maintaining optimal hydration and endurance. Research demonstrates that beetroot extract can lower exercise oxygen cost, extend time to fatigue, and support cardiovascular efficiency. Its antioxidant profile also contributes to reducing oxidative stress, further aiding recovery. Together, these mechanisms make beetroot extract a powerful ally for sustained performance, hydration balance, and overall resilience.

**Magnesium malate** – A bioavailable form of magnesium – a key electrolyte that supports over 300 enzymatic reactions, including energy metabolism and muscle function. Magnesium helps regulate electrolyte balance, reduce cramping, and optimize recovery by regulating ion transport at the cellular level.

**Potassium** – Vital for nerve conduction and muscle contraction, potassium maintains intracellular fluid balance. Adequate potassium helps offset sodium's effects, supporting blood pressure, hydration, and sustained endurance during activity.

Ingredients cont.

- Sodium** – The primary extracellular electrolyte, sodium drives water balance and fluid absorption. It is essential for rapid rehydration, nerve Signaling, and maintaining performance under conditions of heat, sweat loss, or exertion.
- Calcium** – Best known for its role in bone health, calcium is also critical for muscle contraction, nerve transmission, and vascular tone. Adequate calcium supports cellular Signaling for sustained strength and endurance.
- Zinc** – An essential trace mineral that supports immune function, protein synthesis, and cellular repair. Zinc also regulates membrane proteins, contributing to cellular health and recovery.

Supplement Facts

Serving Size 1 Stick Pack (9.2 g)  
Servings Per Container 30

|                                                  | Amount per serving | % Daily Value* |
|--------------------------------------------------|--------------------|----------------|
| Calories                                         | 25                 |                |
| Total Carbohydrate                               | 2 g                | 1%             |
| Calcium (as Calcium Citrate Malate)              | 100 mg             | 8%             |
| Magnesium (as Magnesium Malate)                  | 200 mg             | 48%            |
| Zinc (as Zinc Gluconate)                         | 3 mg               | 27%            |
| Sodium (as Sodium Chloride and Sodium Gluconate) | 395 mg             | 17%            |
| Potassium (as Potassium Chloride)                | 300 mg             | 6%             |
| L-Citrulline                                     | 3 g                | †              |
| Beetroot ( <i>Beta vulgaris</i> ) Extract        | 670 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, Beetroot Powder, Xanthan Gum, Steviol Glycosides.

## FAQs

### What makes Signal different from other hydration products?

Most hydration products focus only on replacing fluids or providing basic electrolytes. Signal goes deeper by supporting cellular hydration on two fronts: it restores your body's key mineral balance and boosts **nitric oxide production** to promote healthy circulation, ensuring water and vital nutrients actually reach your cells.

### Who should use Signal?

Signal is ideal for adults seeking to optimize hydration, energy, focus, and cellular health—whether you're an everyday optimizer prioritizing foundational wellness, a busy parent juggling demands, an entrepreneur needing mental clarity, or a performance seeker like athletes demanding peak output and recovery. It's especially beneficial if you experience fatigue, mental fog, or suboptimal performance despite adequate water intake, as it addresses the root cellular voltage crisis worsened by age, stress, and modern lifestyles.

### How does Signal work with Feel Great?

Signal complements the Feel Great System by working at the cellular level to optimize hydration, circulation, and nutrient delivery—creating the ideal foundation for metabolic balance. While Balance and Unimate support metabolic health and sustained energy, Signal enhances cellular voltage and blood flow so nutrients and oxygen reach your cells more efficiently. Together, they help you feel sharp, energized, and truly well from the inside out. Signal can be taken at any time as it won't disrupt intermittent fasting time periods on the Feel Great program.

### Does Signal break my fast?

The general rule of thumb to maintain a metabolic fast is to keep your calorie intake at 25 calories or less within a 3-hour period. Generally, intake of foods, drinks, or supplements greater than this guideline will result in an insulin response and break your fast. Signal contains only 25 calories, which falls perfectly within this guideline, so it provides crucial support for electrolyte balance and nitric oxide production during your fasting window without disrupting your metabolic state.

# Signal

## FAQs cont. When should I take Signal?

For optimal results, mix one stick pack with 16–18 oz of water and take it first thing in the morning to rehydrate after overnight fasting and charge your cells for the day. Use additional servings as needed—pre/post-workout, during travel, or on hot/active days—to maintain electrolyte balance and nitric oxide production without caffeine or stimulants.

### Why is it ULabs exclusive?

Unicity Labs is Unicity International's innovation hub, leading product development and pushing the boundaries of human health with real-time user feedback. We don't just formulate supplements—we innovate, test, refine, and release exclusive, limited-run batches for those eager to shape the future of health. Signal is one of these exclusive formulas.

### Can Signal help with muscle cramps and fatigue?

Yes. By replenishing essential electrolytes like magnesium, potassium, sodium, and calcium, Signal helps regulate muscle contraction and nerve signaling, which can reduce cramping and muscle fatigue, especially during exercise or in hot conditions.

### Can I use Signal every day?

Yes. Signal is designed for daily use to maintain hydration, support circulation, and improve energy balance. Its single-serve stick packs make it convenient for both everyday hydration and performance needs.

## How is Signal backed by science?

Signal was developed by Unicity Science, which has decades of expertise in metabolic health and cellular nutrition. Its formula is clinically informed with functional doses of L-citrulline, beetroot extract, and essential electrolytes to deliver real results.

### How does nitric oxide support hydration?

Nitric oxide relaxes blood vessels (a process called vasodilation), which promotes healthy circulation. This better blood flow allows fluids, electrolytes, and oxygen to move efficiently into your cells, enhancing true hydration, energy delivery, and recovery.

### Who should use Signal?

Signal is ideal for adults seeking to optimize hydration, energy, focus, and cellular health—whether you're an everyday optimizer prioritizing foundational wellness, a busy parent juggling demands, an entrepreneur needing mental clarity, or a performance seeker like athletes demanding peak output and recovery. It's especially beneficial if you experience fatigue, mental fog, or suboptimal performance despite adequate water intake, as it addresses the root cellular voltage crisis worsened by age, stress, and modern lifestyles.

## FAQs cont.

### **Does Signal contain caffeine or stimulants?**

No. Signal is stimulant-free and caffeine-free. You'll feel a natural and steady boost in energy and focus from optimized hydration and circulation—not from a stimulant "boost" or crash.

### **Can Signal help with exercise recovery and performance?**

Yes—Signal's blend of bioavailable electrolytes (magnesium, potassium, sodium, calcium, zinc) and nitric oxide boosters (3g L-citrulline + beetroot extract) supports deep hydration, reduces fatigue, and enhances oxygen/nutrient delivery to muscles. This accelerates recovery, minimizes cramps, and elevates endurance, making it a perfect partner for Stronghold's muscle-building Signals and Feel Great's metabolic support.

### **How does Signal compare to a traditional sports drink?**

Most sports drinks are designed for short-term energy with high levels of sugar, which can lead to a crash. Signal is a next-generation hydration product built for long-term performance. It provides core electrolytes and promotes healthy blood flow without any added sugar or stimulants, so you get sustained energy and optimal cellular hydration without the downsides.

### **Why did you choose these specific forms of electrolytes?**

At Unicity, we prioritize bioavailability. We selected magnesium malate and calcium citrate malate because these are highly absorbable forms of magnesium and calcium, ensuring your body can effectively use these vital minerals to support muscle function and bone health.

### **Does Signal contain sugar or artificial ingredients?**

No. Signal is naturally flavored and sweetened with stevia, with no added sugars, artificial colors, or artificial flavors.

### **Why Zinc in Signal?**

Zinc is an essential trace mineral in our Signal formula that plays a multifaceted role in supporting optimal hydration and performance. It enhances hydration by optimizing sodium and water transport in the gut for steady energy, strengthens the intestinal barrier and immune defense for resilient daily performance, and replenishes sweat-lost zinc to accelerate recovery and elevate performance.