

UNICITY

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 when 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?

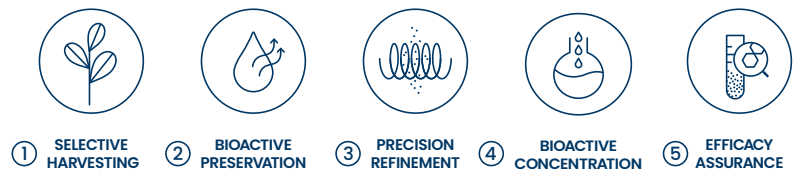
Unimate helps make great days the rule, not the exception.

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 our unique BioSelect™ Process—selective harvesting, bioactive preservation, precision refinement, bioactive concentration, and efficacy assurance. 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.

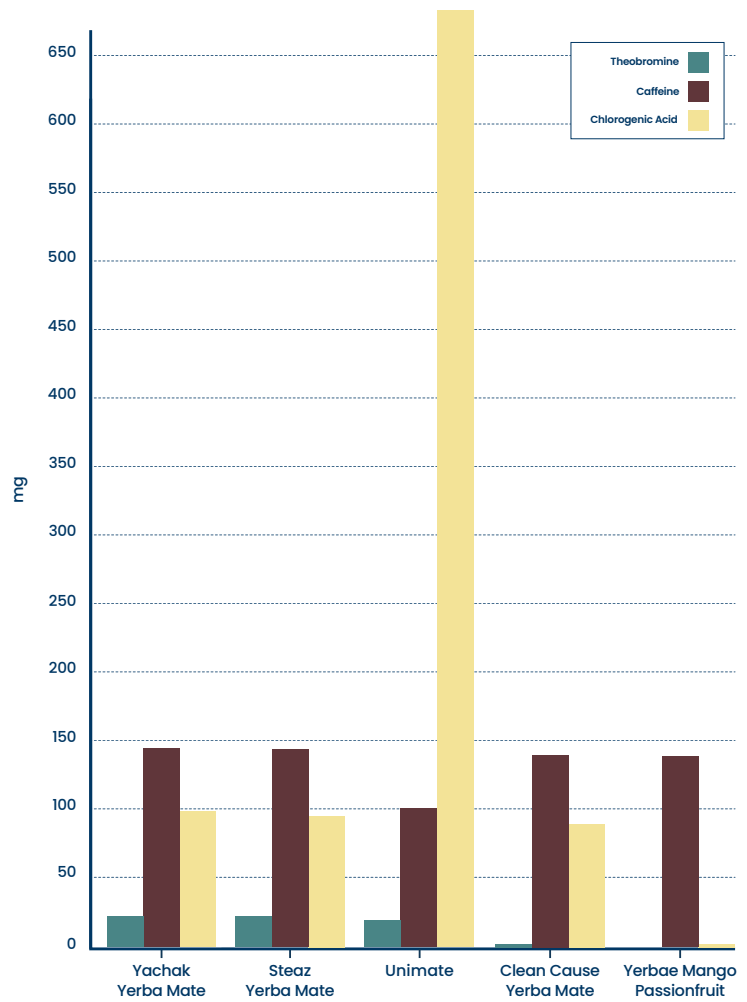
The BioSelect™ Process

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



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Unimate



These findings are based on a study conducted by Unicity.

Commercial yerba mate vs Unimate

Features



High-quality, purified, ultra-concentrated yerba mate



Naturally sourced flavors and 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*

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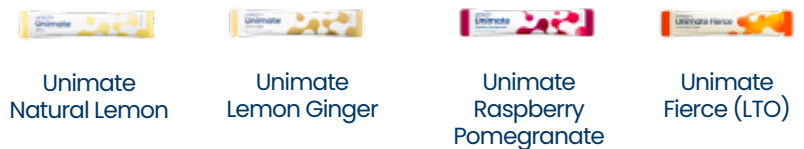
Unimate



Certifications



Flavors



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.

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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

Green yerba mate leaf: Yerba mate is derived from the leaves of a 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.

UNICITY

Unimate



Supplement Facts

Amount Per Packet	% Daily Value*	
Calories	5	
Total Fat	0g	0%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Sodium	35 mg	2%
Unimate (Green Mate Leaf Extract) Powder	3g	†

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

OTHER INGREDIENTS: Citric Acid, Natural Flavors, Sodium Gluconate, Stevia Leaf Extract



Supplement Facts

Amount Per Packet	% Daily Value*	
Calories	15	
Total Fat	0g	0%
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Sodium	40mg	
Unimate (Green Mate Leaf Extract) Powder	3g	†
Ginger (Root) Extract (Standardized to 5% Gingerols)	350mg	†

*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

Amount Per Packet	% Daily Value*	
Calories	15	
Total Fat	0g	0%
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Sodium	40 mg	2%
Unimate (Green Mate Leaf Extract) Powder	3g	†
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, Sodium Gluconate



Supplement Facts

Amount Per Packet	% Daily Value*	
Calories	15	
Total Carbohydrates	3g	1%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 0g of added sugar		0%
Sodium	95mg	4%
Unimate (Green Mate Leaf Extract) Powder	3g	†
Pomegranate (Fruit) Extract	150mg	†

*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

Unimate Fierce combines our proprietary yerba mate extract with 35 mg of gingerols from fresh ginger to support metabolic health, healthy blood glucose levels, and cognitive performance. You may also experience faster post-workout recovery and reduced muscle soreness.*

Unimate Raspberry Pomegranate delivers 75 mg of natural polyphenols to support a healthy microbiome, strengthen the body's defenses against oxidative stress, promote metabolic and cardiovascular health, enhance skin vitality, and sustain balanced energy and overall wellbeing.

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 a typical 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 not to 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 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 promotes 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 naturally occurring 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 commercially available 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.

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Unimate

FAQs

What are gingerols?

Gingerols are natural compounds found in fresh ginger that give it its spicy flavor. They're also responsible for many of ginger's health benefits like supporting digestion, improving post-exercise muscle soreness, and helping with nausea. Unimate Fierce contains ginger root extract that contains 5% gingerol compounds.

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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

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.

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

Designed for health

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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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UNICITY Signal



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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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.

UNICITY Signal

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.

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.

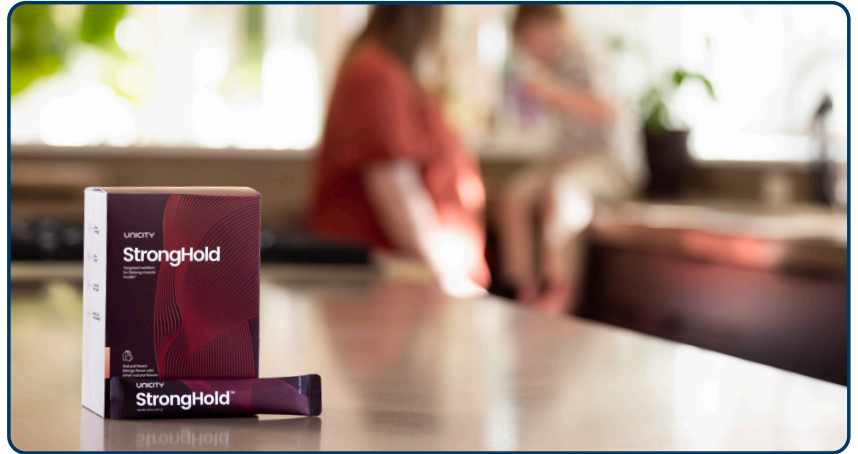
*StrongHold contains fast-acting, highly concentrated ingredients that may cause occasional discomfort in the new user. Remember that change for the better takes time. If you do experience discomfort, try drinking your StrongHold and additionally drinking 12-16 oz of water. You can also take it with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

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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.

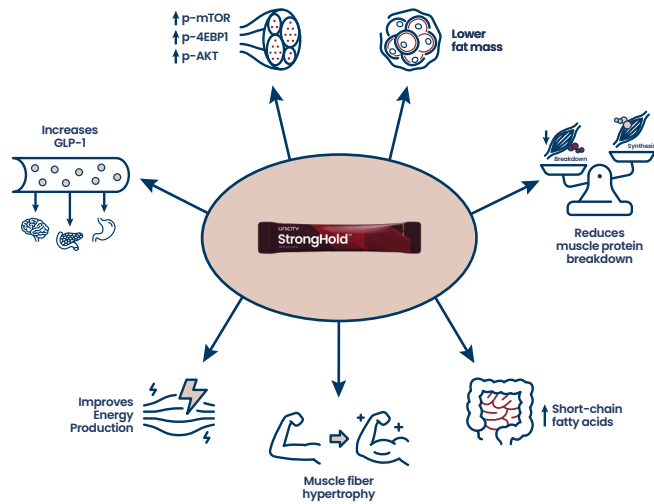
UNICITY

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

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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.