

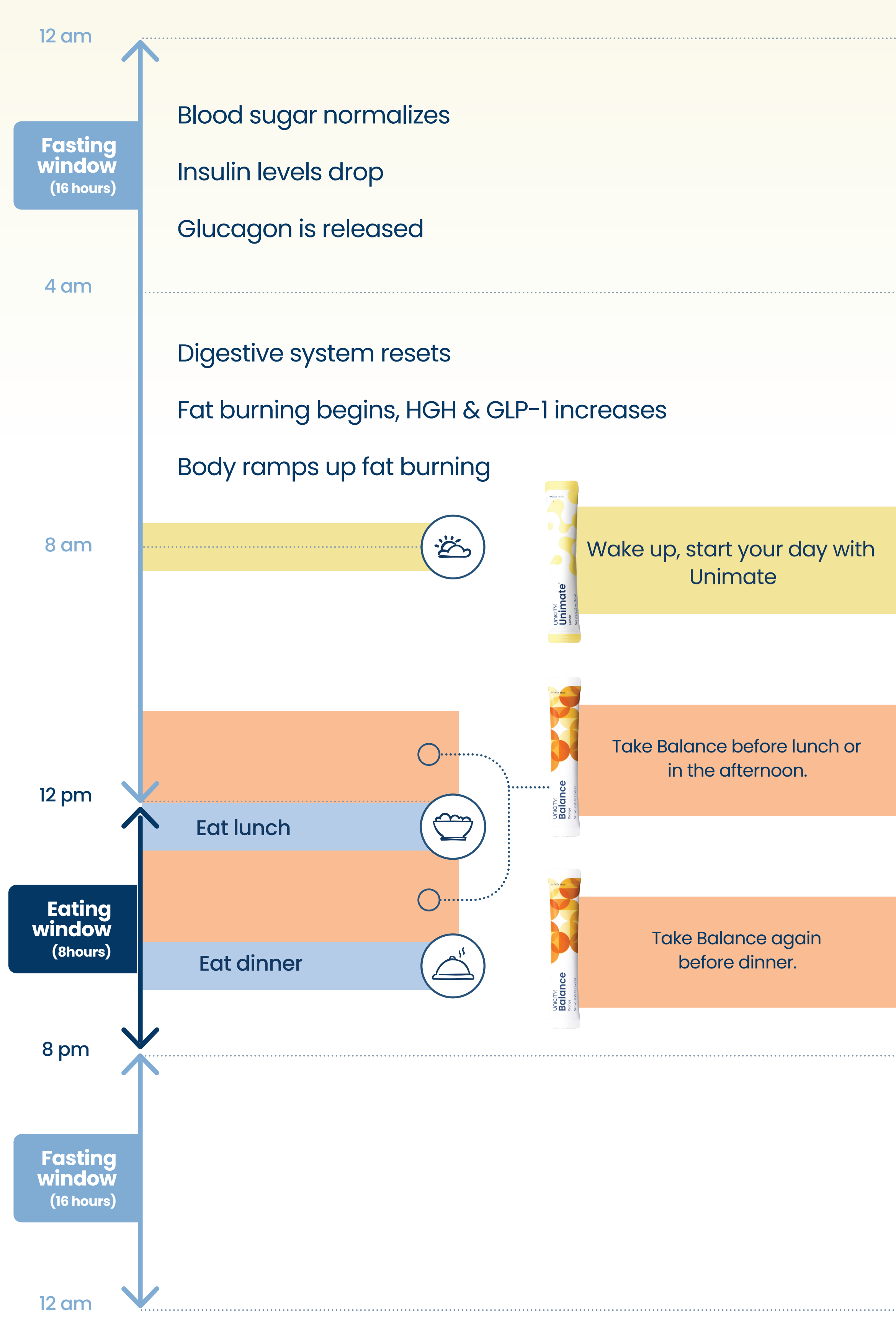
UNICITY

Let's get Started



The Practice

Let's put the products to work!



STARTING IS SIMPLE

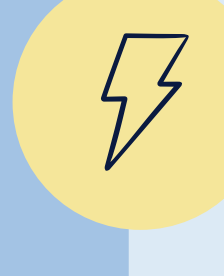
Follow these easy steps:



First Unimate

Wake up, start your day with **Unimate**

Mix the entire contents of 1 sachet with 17–24 oz. (500–700 mL) with hot or cold water (add more or less to taste).

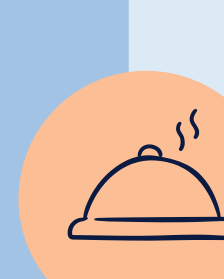


Balance

Take Balance before lunch or in the afternoon.

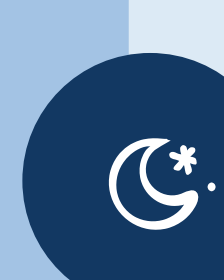
Mix well with 8–10 oz. (240–300 mL) cold water. Give it a few quick shakes.

Drink immediately (don't let it sit!).



Balance

Take Balance again before dinner.

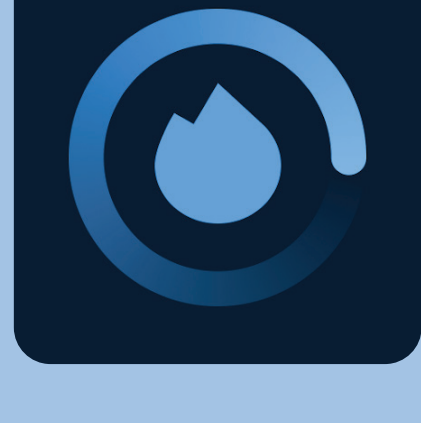


Fasting begins

Start your fast after dinner and wait 16 hours before your next meal.

It may take your body time to adjust. Start small if needed —you've got this!

Track your progress with



Feel Great - Fasting Coach

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