



Balance

The Smart Solution
for Balanced Nutrition



Most people know that fiber supports digestive health. But beyond aiding digestion, fiber can also help reduce the impact that excess dietary carbohydrates and cholesterol can have on the body. Soluble fibers, in particular, help support important bodily functions, such as maintaining healthy cholesterol and blood sugar levels.

However, the prevalence of processed foods and modern agricultural practices has led to higher sugar levels and lower fiber levels 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 that excess dietary carbohydrates and cholesterol can have on the body. Balance is also formulated to provide essential vitamins, minerals, and soluble fibers that help curb appetite.

Features



Biosphere Fiber™:
A proprietary blend
of five fibers



Unicity 7x™: A
specialized blend of
plant-derived
polysaccharides and
Gum Arabic



Bios Cardio Matrix™:
A blend of plant
extracts and
phytosterols



**Convenient
single-use stick
packs for
on-the-go use**



**Natural
flavor**



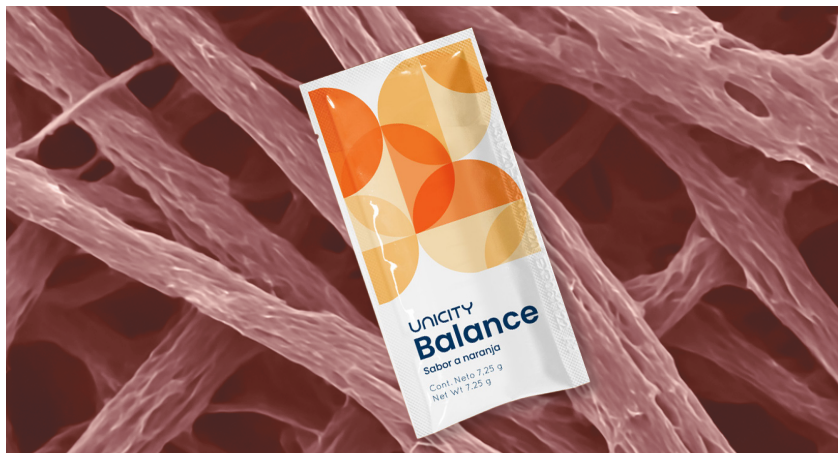
**Naturally
sweetened with
stevia extract**

Benefits

- Helps curb appetite between meals*
- Helps reduce the amount of dietary cholesterol 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



Designed for Health

Today, we face a health crisis unlike anything the world has ever seen. Despite scientific advances in medicine and healthcare, people are less healthy than ever.

The good news is that this global decline in health is completely reversible. As The Health Intervention Company, Unicity is committed to fighting today's health crisis by developing products that are obsessively backed by science, rigorously tested, and expertly produced—all to help millions of people around the world live better lives.

Recommended Use

- For best results, take 1–2 times daily, before or with meals. Vigorously mix each stick pack with 8–10 oz. (240–300 mL) of water and drink immediately.
- For additional benefits, combine Unicity Balance with an intermittent fasting approach such as 16:8.

Ideal For

- Adults looking to increase their fiber intake
- Individuals interested in maintaining healthy blood sugar and cholesterol levels
- Those seeking support for their weight-management efforts

Ingredients

Biosphere Fiber Proprietary Formula® Biosphere is a unique blend that includes five different fiber sources. These fibers help maintain healthy 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

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 stomach emptying, resulting in prolonged satiety.

Ingredients: Proprietary Plant-Derived Polysaccharide Blend, 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 may help limit the absorption of dietary cholesterol.

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract)

Bios Vitamin Complex™ Bios Vitamin Complex is a unique blend that supports healthy metabolism. This blend is designed to assist proper digestion and optimize the conversion of food into fuel.

Ingredients: Calcium Carbonate, Vitamin C (Ascorbic Acid), Chromium, Vitamin A (Beta-Carotene), Vitamin E (D-Alpha Tocopheryl Acetate), Niacin (Niacinamide), Zinc (Zinc Gluconate), Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Cyanocobalamin), Folic Acid, Vitamin B1 (Thiamine), Biotin, Riboflavin

Supplement Facts	
Servings Per Container:	30
Serving Size: 1 stick pack	(7.25 g)
Amount Per Serving	
Calories	(15 kcal)
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 15 mg	1%
Total Carbohydrate 5 g	2%
Dietary Fiber 4 g	14%
Total Sugars 0 g	0%
Added Sugars 0 g	0%
Protein 0 g	0%
Vitamin A 225 µg	25%
Vitamin C 40 mg	45%
Vitamin E 6.7 mg	45%
Thiamine 1 mg	80%
Riboflavin 1 mg	80%
Niacin 15 mg	90%
Vitamin B6 1 mg	60%
Folic Acid 150 µg	40%
Vitamin B12 1 µg	40%
Biotin 30 µg	100%
Calcium 120 mg	10%
Zinc 2.3 mg	20%
Chromium 100 µg	290%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day are used for general nutrition advice.	



Balance

Frequently Asked Questions

How does Balance work?

Balance contains viscous soluble fiber. This type of fiber forms a thick gel when combined with water and moves through the digestive tract. The gel-like consistency helps slow stomach emptying, resulting 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 function efficiently.

Can I take Balance at other times of the day or before a snack?

Yes. Many people who use Balance find that they snack less between meals and, when they do indulge, feel better afterward. However, you will receive the greatest benefit when using Balance before a meal, as it can help support the body's response to dietary carbohydrates and cholesterol from food.

Who can take Balance?

We recommend Balance for adults who want to maintain good digestive and metabolic health. Pregnant or nursing women should consult their physician before taking Balance. As with any nutritional supplement, if you have questions, consult your healthcare provider before use.

I understand increasing fiber can affect my system. Will I experience bloating or discomfort?

Introducing fiber (Balance) may increase gas or bloating in some individuals. This is a normal reaction as your body adjusts to increased daily fiber intake. These effects should decrease after 2–3 weeks. If you experience significant discomfort, consider reducing your Balance serving by half 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've already eaten?

Balance is designed to be taken before meals, but taking it late is better than not taking it at all. The soluble dietary fibers in Balance will still support your digestive health.

Can I take this product with less water than recommended?

One serving of Balance should be mixed with 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.



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.