



Unici-Té



Unici-Té is a powdered beverage with a delicious lemon and herbal flavor, ideal for starting your day. With 30 stick packs in every box, its convenient packaging makes it easy to take with you wherever you go.

Perfect as a morning or afternoon beverage, Unici-Té adds a refreshing touch to your day. It contains naturally occurring caffeine and naturally sourced sweeteners.

Benefits

- Refreshing lemon flavor*
- Contains antioxidants and electrolytes*
- No added sugars*
- Compatible with time-restricted eating patterns*

Directions for use

Add half a stick pack (3.05 g) to 450 ml of hot or cold water. Stir and enjoy.

Contents

30 stick packs per box. Each stick pack provides two servings.

Key ingredients: Yerba mate

Nutrition Facts	
Energy per package	216 kcal (918 kJ)
Per 100 mL	
Energy	0.8 kcal (3.4 kJ)
Protein	0 g
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 mg
Available Carbohydrates	0.2 g
Sugars	0 g
Added Sugars	0 g
Dietary Fiber	0 g
Sodium	5 mg
*Prepared as directed.	

INGREDIENTS: Flavors (natural flavors, herb flavor), citric acid, erythritol (16,372 mg/100 g), sodium gluconate, stevia extract (Stevia rebaudiana L.) (1,637 mg/100 g), sucralose (131.1 mg/100 g).

Contains 10–15 mg of naturally occurring caffeine per 100 mL



Unici-Té

FAQs

How much caffeine does each serving of Unici-Té contain?

Half a stick pack of Unici-Té mixed with 450 ml of water (a large glass) provides plenty of flavor and contains up to 67.5 mg of caffeine, which is less than a typical cup of coffee (approximately 75–85 mg of caffeine).

Does Unici-Té contain added caffeine?

No. All of the caffeine in Unici-Té comes naturally from its ingredients.

Can I drink Unici-Té along with other caffeinated products (such as green tea, coffee, or dietary supplements containing caffeine or green tea)?

Yes, as long as you are not sensitive to caffeine and your total daily caffeine intake does not exceed 400 mg per day (whether naturally occurring or added through foods and beverages). Up to 400 mg of caffeine per day is generally considered safe for most adults.

Can Unici-Té be consumed by pregnant or breastfeeding women, or by children?

No. This product contains sweeteners and naturally occurring caffeine and is therefore not recommended for children, pregnant women, or women who are breastfeeding.

Is this product compatible with ketogenic or other low-carbohydrate diets?

Yes. With only 0.1 g of sugar per 100 ml, Unici-Té does not contribute a significant amount of carbohydrates and is compatible with ketogenic and low-carbohydrate diets.

Can I consume Unici-Té more than once per day?

Yes. As long as you are not sensitive to caffeine and are not combining it with other caffeinated beverages, you may consume up to 5 servings per day (2½ stick packs).

Can I change the amount of water recommended in the directions?

Half a stick pack of Unici-Té provides sufficient flavor when mixed with 450 ml of water (a large glass of water). However, you may add more water if you find the flavor too concentrated when prepared as directed.



Unicity designs and develops innovative nutritional products that make healthy living doable in an on-the-go world.