



Balance



Balance is formulated to provide the body with vitamins, minerals, and soluble fiber.

Most people know that fiber promotes digestive health. But in addition to aiding digestion, fiber can also help control appetite. However, the prevalence of processed foods and new modern farming techniques has led to higher sugar levels and lower fiber levels in the foods we consume.

Unicity Balance is a drink taken before or with meals that contains a proprietary fiber matrix including bioactive plant compounds, polysaccharides, and micronutrients.

Benefits

- Daily fiber intake helps regulate bowel transit, reduce fat absorption, prevent fluid retention, and generate a sense of digestive well-being.
- Supports the intermittent fasting method.



Helps control appetite between meals*



Helps reduce the absorption of carbohydrates in the body*



Promotes healthy weight management*



Helps reduce the amount of cholesterol absorbed into the bloodstream*



Supports the 16-8 eating pattern and other intermittent fasting methods*

NOTE: This product contains natural ingredients; therefore, the color may vary and some ingredients may not dissolve as quickly as others. This product can be taken with medications that are food-compatible. This product contains chromium, which can help maintain healthy blood sugar levels.



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Usage

Take 1 or 2 times a day, before or with meals. Vigorously mix each packet with 8 to 10 oz of water and drink immediately.

Try this

- Mix Balance with Complete to get both high-quality protein and fiber.
- Mix Balance with Unimate to experience the benefits of both products.

Ideal for

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

Ingredients

Biosphere Fiber®: a unique blend that includes five different sources of fiber.

Unicity 7x™: a specialized blend of plant-derived polysaccharides, also known as viscous fibers. Viscous and 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.

Bios Cardio Matrix™: a blend of plant extracts and phytosterols.

Bios Vitamin Complex: a unique blend that supports a healthy metabolism. This blend optimizes the conversion of food into fuel, promoting digestion.

Supplement Facts

Serving size: 1 packet (7.25 g)
Servings per container: 30

Calories (kcal)	Per 100 mL	Per serving (240 mL water)	Calories (kcal)	Per 100 mL	Per serving (240 mL water)
Total Fat	0 g	0 g	Vitamin E	4.2 mg	10 U.I
Cholesterol	0 g	0 g	Vitamin B1	0.54 mg	1.3 mg
Total Carb.	2.1 g	5.0 g	Vitamin B2	0.63 mg	1.5 mg
Sugars	0 g	0 g	Niacin	7.8 mg	18.8 mg
Dietary Fiber	1.5 g	3.7 g	Vitamin B6	0.6 mg	1.2 mg
Sodium	3.8 mg	9 mg	Folic Acid	83.3 mcg	200 mcg
Protein	0 g	0 g	Vitamin B12	0.83 mcg	2 mcg
Vitamin A	95.8 ER	230 ER	Biotin	16.7 mcg	40 mcg
Vitamin C	20.6 mg	49.5 mg	Chromium	41.7 mcg	100 mcg
Calcium	67.9 mg	163 mg	Zinc	1.1 mg	2.7 mg

*Not a significant source of Saturated Fat, Trans Fat, Iron, Vitamin D



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FAQs

Why are there vitamins and minerals in Balance?

The vitamins and minerals in Balance help maintain proper digestion.

How does Balance work?

Balance contains a viscous soluble fiber. Viscous soluble fiber forms a thick gel when combined with water and as it moves through the digestive tract. The gel-like substance helps slow stomach emptying, resulting in prolonged satiety.

Who can take Balance?

We recommend Balance for adults who want to feel their best.

Can I still take Balance if I forgot to take it before a meal? Should I skip it if I already ate?

It is always best to take Balance before or during a main meal, but it would be better to take it late than not at all. It will still have some effect on the meal that was eaten.

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

Yes. Many people who use Balance notice they snack less between meals, and if they do indulge, they feel better afterward.

Can I take this product with less water than the recommended amount?

It is recommended to take it according to the label instructions. If you experience heartburn with Balance, try reducing your meal size, eating more slowly to give your body more time to digest, or starting with half a serving while your body adjusts. These adjustments can help reduce bloating and relieve pressure in the stomach.



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.