



Balance

The smart solution to balanced nutrition



Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help support weight management and healthy blood sugar levels. This is especially true for soluble fiber. However, the prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in many of the foods we eat.

Balance is a pre-meal drink with a patented fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fibre matrix helps to promote healthy digestion and support the feeling of satiety. Balance contains important vitamins, minerals and soluble fibre to support weight management.

Features



Biosphere Fiber: A proprietary blend of five soluble 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-serving packets



Naturally flavored



Naturally sweetened with stevia extract

Benefits

- Fiber supports a longer feeling of satiety
- Fiber supports healthy, regular digestion
- Phytosterols contribute to the maintenance of normal blood cholesterol levels*
- Fiber supports normal, healthy blood glucose levels
- Fiber supports healthy weight management
- Supports time-based eating and other intermittent fasting methods



Balance



Certifications



Third-party tested



Halal certified



Made in GMP-certified facilities



Kosher certified

Flavors



Natural Orange



Mixed Berry

Try this

- Mix Balance with Oasis for added skin care benefits.
- Mix Balance with Super Green + for added phytonutrients.

Use • Take 1–2 times daily before or with meals. • Mix each stick pack with 240–300 mL of water and drink immediately. • For added benefits, combine with intermittent fasting like 16:8.	Ideal for • Adults looking to increase their fiber intake. • Adults who want to support normal blood glucose levels and healthy metabolism. • Those looking to support their weight-management efforts.
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Balance

Ingredients

Biosphere Fiber Proprietary Formula®: Biosphere is a unique blend that includes five different sources of fiber. Fiber causes the blood sugar level to rise more slowly after eating and less insulin is released.

Ingredients: Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta-Glucan.

Bios Cardio Matrix™: Bios Cardio Matrix is a blend of plant extracts and phytosterols. Phytosterols contribute to the maintenance of normal blood cholesterol levels.*

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract).

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 the emptying of your stomach, which results in prolonged satiety.

Ingredients: Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic.



NUTRITIONAL INFORMATION / ZUSAMMENSETZUNG / INFORMATIONS NUTRITIONNELLES / VÝŽIVOVÉ ÚDAJE

Daily portion/ Tagesdosis/ Portion recommandée/ Denní dávka: 1 stickpack/ Stickpack/ sachet/ sáček (7.25 g) Daily portions per container/ Tagesdosen pro Packung/ Portions journalières par emballage/ Počet denních dávek v balení: 30

Per daily portion / Menge pro Tagesportion / %NRV**/ %RI**/ Quantité par dose journalière / Na denní dávku %NRV**/ %VNR**		
Vitamin C/ Vitamine C/ Vitamín C	45 mg	56%
Vitamin E/ Vitamine E/ Vitamín E	13 mg	108%
Thiamin/ Thiamine	2 mg	182%
Riboflavin/ Riboflavine	2 mg	143%
Niacin/ Niacine	26 mg	163%
Vitamin B6/ Vitamine B6/ Vitamín B6	7 mg	500%
Folic Acid/ Folsäure/ Acide folique/ Kyselina listová	367 mcg	184%
Vitamin B12/ Vitamine B12/ Vitamín B12	25 mcg	1000%
Biotin/ Biotine	20 mcg	40%
Zinc/ Zinc/ Zinek	2.3 mg	23%
Chromium/ Chrom/ Chrome	100 mcg	250%
Soluble fibers/ Lösliche Fasern/ Fibres solubles/ Rozpustná vláknina	3.3 g	-
Resistant maltodextrin/ Resistentes maltodextrin/ Maltodextrine résistante/ Rezistentní maltodextrin	286.2 mg	-
Oat fibers/ Haferfasern/ Fibres d'avoine/ Ovesná vláknina	350 mg	-
Beta glucan/ Beta-Glucane/ Bêta-glucanes/ Beta glukán	6 mg	-
Guar gum/ Guarkernmehl/ Gomme guar/ Guma guar	1260 mg	-
Gum arabic/ Gummi arabicum/ Gomme arabique/ Arabská guma	900 mg	-
Citrus pectin/ Zitruspektin/ Pectine d'agrumes/ Citrusový pektin	425 mg	-
Locust bean gum/ Johannisbrotkernmehl/ Farine de graines de caroube/ karubin	100 mg	-
Phytosterols/ Phytosterine/ Phytostérols/ Fytosterin	405 mg	-
Policosanol	3.6 mg	-

**Nutrient Reference Values/ **Nährstoffbezugswerte/ **Valeurs nutritionnelles de référence/ **Referenční výživové hodnoty

OTHER INGREDIENTS: Natural Flavors, Resistant Maltodextrin, Orange Juice Powder, Citric Acid, Stevia Extract (Rebaudioside A>75%, Steviol Glycosides>95%.



NUTRITIONAL INFORMATION / ZUSAMMENSETZUNG / INFORMATIONS NUTRITIONNELLES / VÝŽIVOVÉ ÚDAJE

Daily portion/ Tagesdosis/ Portion recommandée/ Denní dávka: 1 stickpack/ Stickpack/ sachet/ sáček (7.25 g) Daily portions per container/ Tagesdosen pro Packung/ Portions journalières par emballage/ Počet denních dávek v balení: 30

Per daily portion / Menge pro Tagesportion / %NRV**/ %RI**/ Quantité par dose journalière / Na denní dávku %NRV**/ %VNR**		
Vitamin A/ Vitamine A/ Vitamín A	225.4 mcg	28%
Vitamin C/ Vitamine C/ Vitamín C	47.7 mg	60%
Vitamin E/ Vitamine E/ Vitamín E	13 mg	108%
Thiamin/ Thiamine	2 mg	182%
Riboflavin/ Riboflavine	2 mg	143%
Niacin/ Niacine	25.7 mg	161%
Vitamin B6/ Vitamine B6/ Vitamín B6	7 mg	500%
Folic Acid/ Folsäure/ Acide folique/ Kyselina listová	367 mcg	184%
Vitamin B12/ Vitamine B12/ Vitamín B12	25 mcg	1000%
Biotin/ Biotine	20 mcg	40%
Zinc/ Zinc/ Zinek	2.5 mg	25%
Chromium/ Chrom/ Chrome	101 mcg	253%
Soluble fibers/ Lösliche Fasern/ Fibres solubles/ Rozpustná vláknina	3.2 g	-
Resistant maltodextrin/ Resistentes maltodextrin/ Maltodextrine résistante/ Rezistentní maltodextrin	581.5 mg	-
Oat fibers/ Haferfasern/ Fibres d'avoine/ Ovesná vláknina	294 mg	-
Beta glucan/ Beta-Glucane/ Bêta-glucanes/ Beta glukán	6 mg	-
Guar gum/ Guarkernmehl/ Gomme guar/ guma guar	1260 mg	-
Gum arabic/ Gummi arabicum/ Gomme arabique/ Arabská guma	900 mg	-
Citrus pectin/ Zitruspektin/ Pectine d'agrumes/ Citrusový pektin	127.5 mg	-
Locust bean gum/ Johannisbrotkernmehl/ Farine de graines de caroube/ karubin	79 mg	-
Phytosterols/ Phytosterine/ Phytostérols/ Fytosterin	405 mg	-
Policosanol	3.6 mg	-

**Nutrient Reference Values/ **Nährstoffbezugswerte/ **Valeurs nutritionnelles de référence/ **Referenční výživové hodnoty

OTHER INGREDIENTS: Citric Acid, Resistant Maltodextrin, Natural Flavors, Stevia Extract (Rebaudioside A >75%, Steviol Glycoside >95%), Beetroot Powder.

Balance

FAQs

How does Balance work?

Balance includes 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 the emptying of your stomach, which results in prolonged satiety.

Why are there vitamins and minerals in Balance?

For effective digestion, the body needs numerous vitamins and minerals. The nutrients in Balance contribute to a balanced diet.

Who can take Balance?

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

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

Introducing fiber (Balance) can increase gas or bloating in some people. This is a normal reaction as your body begins to acclimate to the increased daily fiber intake. The effects should diminish after 2–3 weeks. If you're very uncomfortable, consider halving the portion of Balance you take 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 already ate?

It is always best to have Balance before a meal, but it would be better to take it late rather than not at all. The soluble dietary fibers in Balance will still support your digestive health.

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

One serving of Balance should be mixed in 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.

What if I experience heartburn while using Balance?

If you are experiencing heartburn with Balance, try reducing the size of your meals, eating more slowly to allow your body ample time to digest, or starting with a half serving while your body adjusts. These can help reduce bloating and reduce pressure on your stomach.

Is Balance third-party tested?

Yes. All our products are tested by an independent third party to verify ingredient accuracy, purity, and safety. We do this to ensure you get exactly what we promise—nothing more, nothing less.



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 where 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?

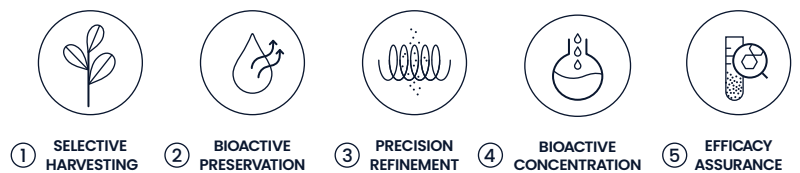
Unimate helps make great days the rule, not the exception.

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 a unique five-step process—handpicking, fire roasting, extracting, concentrating, and purifying. 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.



Unimate

Features



High-quality, purified,
ultra-concentrated
yerba mate



Naturally
sourced flavors
& 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 and relaxation
- Supports energy and a good mood
- Helps maintain endurance and stamina



Unimate



Certifications



Third-party
tested



Halal
certified



LGC
Informed
Choice



Gluten
free



Made in
GMP-certified
facilities



Kosher
certified

Flavors



Unimate
Natural Lemon



Unimate
Lemon Ginger



Raspberry
Pomegranate

When to use

- In the morning to kickstart your day and extend your fast
- Before a workout for clean, sustained energy
- Prior to meals
- 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.

Unimate

Use

- Mix the entire contents of 1 stick pack with 500–700 mL of hot or cold water (add more or less to taste). Drink once a day or more often if desired.
- As Unimate does not break your fast, take it first thing in the morning for added satiety and energy support. You can take it again right before your first meal of the day.

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 sustained energy
- Busy professionals, students, and parents who need support with long-lasting mental stamina
- People seeking an alternative to coffee or energy drinks

Ingredients

Greena yerba mate leaf: Yerba mate comes from the leaves of the 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 polyphenol compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea. Chlorogenic acids are said to have a number of positive health properties. Furthermore, they are strongly antioxidant.
- **Mate saponins** – Mate saponins are a class of molecules that are specific to the yerba mate plant. They are particularly valuable secondary plant substances.

- **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.



Unimate



Nutritional Information Zusammensetzung Informations nutritionnelles Výživové údaje

Serving size/ Tagesdosis/ Portion recommandée/ Denní dávka: 1 stickpack/ Stickpack/ sachet/ sáček (5,1 g)
Servings per container/ Tagesdosen pro Packung/ Portions journalières par emballage/ Počet denních dávek v balení: 30

Per portion / Menge pro Tagesportion / Quantité par dose journalière / Na jednu dávku

Green mate leaf powder extract
Grüner Mateblatt-Pulverextrakt
Extrait de poudre de feuille de maté vert
Extrakt z prášku z listů cesmíny paraguayské 3 g

OTHER INGREDIENTS: Citric Acid (from Cassava Root), Natural Flavors, Sodium Gluconate, Steviol Glycosides



Nutritional Information Informations nutritionnelles Výživové údaje Nährwertinformationen

Serving size/ Portion recommandée/ Denní dávka/ Tagesdosis: 1 stickpack/ sachet/ sáček/ Stickpack (6.3 g)
Servings per container/ Portions journalières par emballage/ Počet denních dávek v balení/ Tagesdosen pro Packung: 30

Per portion/ Par portion/ Na jednu dávku/ Pro Tagesdosis

Green mate leaf powder extract
Extrait de poudre de feuille de maté vert
Extrakt z prášku z listů cesmíny paraguayské 3 g
Extrakt aus grünem Mateblattpulver
Ginger extract
Extrait de gingembre
Extrakt ze zázvoru 0.2 g
Ingwerextrakt

OTHER INGREDIENTS: Citric Acid (from Cassava Root), Natural Flavors, Steviol Glycosides, Salt.



Supplement Facts

Serving Size 1 Stick Pack (5.8g)		
Servings Per Container 30		
Amount Per Stick Pack	% Daily Value*	
Calories	15	
Total Fat	0g	0%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 0g Added Sugar		0%
Sodium	95mg	4%
Unimate (Green Mate Leaf Extract) Powder	3g	†
Pomegranate (Fruit) Extract	150 mg	†

* 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

FAQs

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 one 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 to not drink the beverages together or before bed.

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

Unimate is ideal for the keto diet or other low-carb diets because it doesn't break your fast and helps you last longer until your next meal. This allows the body to enter the fat burning zone where it will eventually start to produce ketones.

How is Unimate different from Unicity Matcha?

Unicity Matcha mainly provides energy for the body, Unimate more of a mental energy. Matcha boosts energy, Unimate promotes improved mood, sense of well being and a feeling like you can accomplish anything.

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 natural caffeine, and many sources indicate that caffeine may not be good for pregnant women or young children.

What are mate saponins?

Mate saponins are a class of molecules that are specific to the yerba mate plant. They are particularly valuable secondary plant substances.

What are chlorogenic acids?

Chlorogenic acids are a family of polyphenol compounds found in plants like yerba mate, green coffee beans, and tea. They have strong antioxidant benefits.

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. So theobromine is supposed to put you in a good mood.

What if I experience heartburn while on the Feel Great system?

If you are experiencing heartburn with Unimate, it could be that your stomach is more sensitive to caffeine intake or the flavor. Give your body a few weeks to adapt and in the meantime, avoid drinking additional caffeinated products. You may also try drinking Unimate slowly over a longer period of time, drinking a half serving, or adding more water when you prepare Unimate.

If you are experiencing heartburn with Balance, try reducing the size of your meals, eating more slowly to allow your body ample time to digest, or starting with a half serving while your body adjusts. These can help reduce bloating and reduce pressure on your stomach.