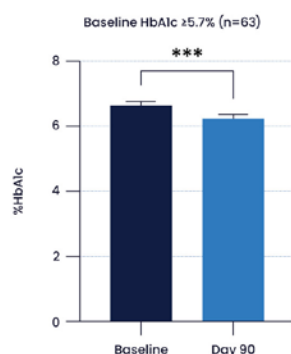


Real-World Improvements in Metabolic Health Following 90 Days on the Feel Great Program

Summary

This 90-day observational study enrolled free-living participants who followed Unicity's Feel Great program combining Unimate, Balance, and intermittent fasting. Participants completed all study procedures remotely, including HbA1c testing, daily tracking, and online surveys. After 90 days, significant improvements were observed in the primary outcome, %HbA1c (-0.2 percentage points). Notably, 38% of participants with pre-diabetic or diabetic HbA1c at baseline improved to a lower risk category, with an average reduction of 0.85 percentage points. Among participants who provided optional anthropometric measurements, reductions in body weight and waist circumference were also observed. Overall, greater adherence to the Feel Great protocol was consistently associated with greater improvements — providing real-world evidence that a simple, accessible lifestyle program can support meaningful improvements in metabolic health.



Background

Metabolic dysfunction is no longer the exception but the prevailing condition across much of the global population, representing an urgent public health concern. Growing consumer interest in non-pharmacological approaches to health underscores the need for sustainable, evidence-informed lifestyle interventions.

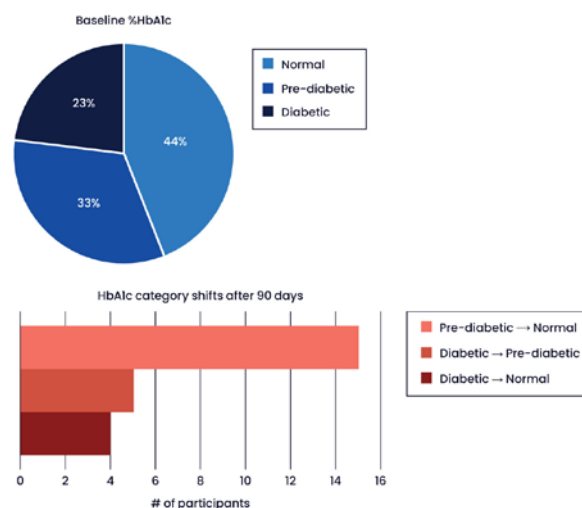
Feel Great is a protocol combining Balance (a soluble fiber supplement) and Unimate (a concentrated yerba mate supplement) with intermittent fasting, designed to support weight management, metabolic health, and overall wellbeing. Prior research supports the individual benefits of soluble dietary fiber, yerba mate, and intermittent fasting on metabolic outcomes [1-5], and previous studies of Feel Great suggest short-term benefits on HbA1c, glycemic variability, body weight, blood lipids, and wellbeing in smaller cohorts [6-8].

The present study was designed to extend these findings to a larger, more diverse real-world population. Participants tracked Balance and Unimate intake, fasting hours, and health data using the Feel Great Fasting (FGF) mobile app. The primary aim was to characterize real-world changes in HbA1c over 90 days among participants following Feel Great, with secondary aims of exploring changes in body weight and waist circumference and identifying factors associated with the greatest improvements.

Methods

New Feel Great subscribers in the United States were eligible to participate if they maintained an active subscription and opted in to share anonymized data. No restrictions were placed on baseline HbA1c or health status.

Participants completed a baseline HbA1c test before starting Feel Great. For the following 90 days, they were instructed to do the following each day: consume two servings of Unimate, consume one serving of Balance with a meal, and fast for 16 hours. Product consumption and meal times were tracked in the Feel Great Fasting app; weight and waist circumference were self-reported optionally, and only participants with at least two measurements separated by two or more weeks were included in those analyses. A final HbA1c test and product experience survey were completed after 90 days. Outcomes were analyzed using paired t-tests for pre-to-post comparisons and Pearson correlations for adherence-outcome associations.



Results

Behavioral Compliance

Greater Balance and Unimate consumption was significantly associated with greater fasting compliance ($r = +0.41$, $p < 0.001$), suggesting that consistent product use may support adherence to intermittent fasting.

On average, participants completed the full protocol (16+ hour fast, 2 Unimate, 1 Balance) on 28% of study days and the partial protocol (16+ hour fast, 1 Unimate, 1 Balance) on 60% of study days — rates reflecting naturalistic, unsupervised behavior. Higher compliance to the full protocol was consistently associated with greater improvements across all outcomes (below).

HbA1c

Of 478 enrolled participants, 111 provided both baseline and follow-up HbA1c measurements and were included in the primary analysis. Mean baseline HbA1c was $6.1 \pm 1.0\%$ (mean $\pm$ SD), and 56% of participants pre-diabetic or diabetic. After 90 days, the full cohort showed a significant mean reduction in HbA1c of 0.2 percentage points (paired t-test, $p = 0.028$).

The pre-diabetic or diabetic subgroup ($n = 63$) showed a larger improvement, with a mean reduction of 0.4 percentage points ($p < 0.001$; Figure 1). Furthermore, within this subgroup, 38% improved to a lower-risk HbA1c category over the 90-day study, with a mean reduction of 0.85 percentage points ($p < 0.001$): 15 from pre-diabetic to normal, 5 from diabetic to pre-diabetic, and 4 from diabetic to normal.

Figure 1

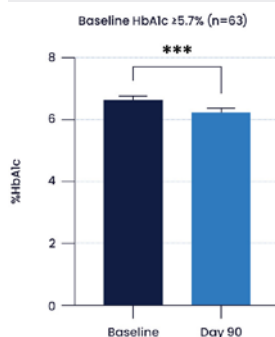


Figure 1. Average %HbA1c was significantly lower after 90 days in those in the pre-diabetic or diabetic range at baseline. *** $p < 0.001$.

Compliance to the full Feel Great protocol was significantly and inversely correlated with HbA1c reduction, meaning more consistent participants experienced greater improvements in HbA1c (Figure 2).

Figure 2

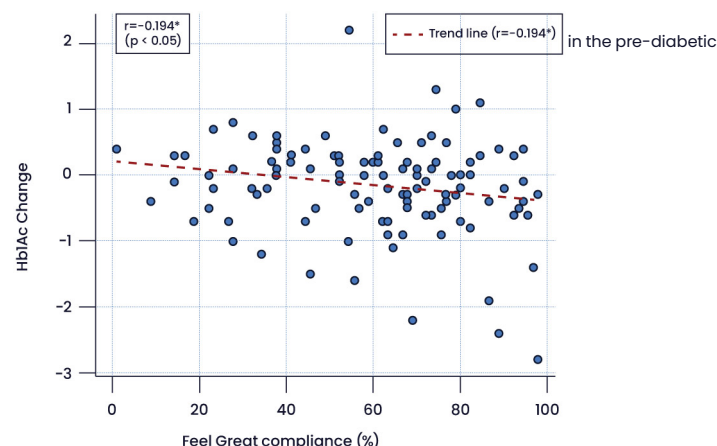


Figure 2. Compliance to Feel Great correlated with greater improvements in %HbA1c ($r = -0.194$, $p < 0.05$).

Body Weight and Waist Circumference

Among participants who provided optional self-reported weight measurements, mean weight loss over 90 days was 10.4 lbs ($n = 72$). A subgroup analysis by baseline BMI indicated that weight loss was greater among participants with a higher starting BMI, with obese participants (BMI ≥ 30 ; $n = 51$) losing more weight on average than overweight participants (BMI 25–29.9; $n = 17$; -11.4 vs. -6.7 lbs), though this comparison did not reach statistical significance ($p = 0.088$, $r = -0.28$), likely reflecting reduced power from the unequal group sizes. Compliance to the full Feel Great protocol was significantly and inversely correlated with weight loss ($r = -0.344$, $p < 0.01$; Figure 3). Among the smaller subset who provided waist circumference measurements, mean reduction was 2.7 inches ($n = 31$).

Figure 3

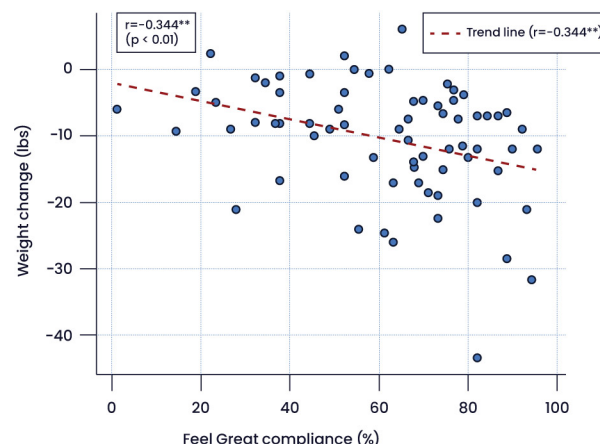


Figure 3. Compliance to Feel Great correlated with greater improvements in body weight ($r = -0.344$, $p < 0.01$).

Participant Experience

End-of-study survey responses were positive across all surveyed domains, including wellbeing, mood, energy, and digestive health. All respondents found the program easy to understand, 97% found the products easy to incorporate into their routine, and 96% of those who had previously tried other weight management programs rated Feel Great as easier than what they had tried before.

Conclusion

This real-world observational study documents meaningful improvements in HbA1c, body weight, and waist circumference among participants following Feel Great for 90 days. HbA1c improvements were most pronounced in participants who began the study in the pre-diabetic or diabetic range. For this population, glycemic improvement carries the greatest clinical significance, as even modest reductions are associated with decreased risk of diabetes progression and long-term metabolic complications [9]. Higher adherence to the Feel Great protocol was consistently associated with greater improvements in HbA1c, body weight, and waist circumference. Importantly, benefits were observed even among participants with moderate adherence, suggesting that measurable effects do not require perfect compliance. Survey responses reinforced the program's accessibility, with nearly all participants finding Feel Great easy to understand and integrate into daily life.

Feel Great's combination of targeted supplementation, intermittent fasting, and app-based tracking offers a promising framework for supporting behavior change and measurable health improvement in the real world. These findings support Feel Great as a practical, non-pharmacological approach to metabolic health.

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