



Balance

The smart solution to
balanced nutrition

Natural Apple flavor with
other natural flavors



Balance Apple combines a seven-fiber matrix with apple polyphenols and apple cider vinegar — and it works in two key ways.

In the stomach, the fibers form a viscous gel that traps carbohydrates and slows their release into the bloodstream, **producing a smoother post-meal glucose response and steadier energy**. In the colon, the diverse fiber blend supports broader microbiome activity, encouraging the production of short-chain fatty acids (SCFAs) like propionate, acetate, and butyrate. These SCFAs help **regulate appetite, support healthy blood sugar levels, and promote overall metabolic balance**. And unlike traditional fiber supplements, Balance Apple's diverse fiber blend is engineered to do all of this with minimal gas production.

This isn't just more fiber. **It's smarter fiber**, paired with targeted apple bioactives, designed to support metabolic health from digestion through daily energy and satiety.

Features



Biosphere 7x Fiber:
A precise blend
of seven natural
plant fibers



Apple Polyphenols:
apple-derived
bioactives that
support glucose and
lipid metabolism



**Apple Cider
Vinegar:** supports
a balanced post-
meal response



**Convenient
single-serving
stick packs**



**Naturally
flavored**



**Naturally
sweetened with
stevia extract**

Benefits

- Helps curb appetite between meals*
- Soluble fiber helps reduce carbohydrate absorption in the body*
- Supports a healthy post-meal glucose response*
- Supports normal, healthy blood glucose response*
- Soluble fiber promotes short-chain fatty acid production through multi-stage fermentation*
- Short chain fatty acids generated through fermentation support a healthy gut lining*
- Supports healthy weight management*
- Supports time-based eating and other intermittent fasting methods



Balance



Certifications



Third-party tested



Kosher certified



Halal certified



Made in GMP-certified facilities



Gluten free

Use

Take 1–2 times daily before or with meals. Mix each stick pack with 8–10 oz (240–300 mL) of water and drink immediately

Ideal for

- Adults wanting to increase their fiber intake
- Individuals interested in maintaining a healthy post-meal glucose response
- Those looking to support metabolic wellness and appetite management

Try this

- Mix with **Stronghold** for added muscle support
- Take two servings of **Balance** before a truly indulgent meal

Designed for Health

Today, we face a health crisis unlike any the world has ever seen. Despite scientific advancements in medicine and health care, people are unhealthier than ever. The good news is that this pervasive global health decline is completely reversible. As The Health Intervention Company, Unicity is committed to combating today's health crisis by developing products that are obsessively backed by science, rigorously tested, and masterfully produced — all to help millions around the world live better lives.

Ingredients

The Fiber Matrix — A refined seven-fiber blend: Guar Gum, Oat Beta Glucan, Apple Pectin, Psyllium Husk, Cassava Root Fiber, Locust Bean Gum, Gum Arabic.

This matrix works in stages. It starts by forming a gel in the stomach that slows glucose absorption from your meal. As it moves into the colon, each fiber feeds different bacteria at different points along the digestive tract, supporting broader microbiome diversity and sustained SCFA production.

Apple Polyphenols — Apples carry a specific set of polyphenols — including phloridzin, catechins, and chlorogenic acid — that slow glucose uptake in the intestine. These compounds have been studied for their effect on healthy glucose and lipid metabolism through several pathways. Balance Apple concentrates them alongside the fiber matrix so they work together rather than in isolation.

Apple Cider Vinegar — Apple cider vinegar contributes acetic acid and naturally occurring apple compounds from fermentation. Acetic acid has been shown to help moderate the rate at which nutrients leave the stomach, supporting a more balanced post-meal response. Combined with the fiber matrix and apple polyphenols, it adds another layer of metabolic support.

Supplement Facts		
Serving Size 1 Stick pack (7.8g) Servings Per Container 30		
Amount Per Stick Pack	% Daily Value	
Calories	15	
Total Carbohydrate	6 g	2%
Dietary Fiber	5 g	14%
Soluble Fiber	5 g	†
Total Sugars	0 g	†
Includes 0g Added Sugars		0%
Ignite Blend (Guar Gum, Oat Beta Glucan, Apple Pectin)	3,100 mg	†
Sustain Blend (Psyllium Husk (Plantago ovata) Powder, Cassava Root Fiber, Locust Bean Gum, Gum Arabic)	2,800 mg	†
Apple Fruit (Malus pumila) Extract	500 mg	†
Apple Cider Vinegar	370 mg	†
* Percent Daily Values are based on a 2,000 calorie diet † Daily Value not established		

OTHER INGREDIENTS: Natural Flavors, Malic Acid, Beetroot Powder (color), Steviol glycosides.



Balance

Frequently asked questions

How does Balance work?

Balance Apple's fiber matrix forms a viscous gel in the stomach that slows glucose release into the bloodstream. As it moves into the colon, the diverse fiber blend feeds beneficial bacteria along the full digestive tract, supporting short-chain fatty acid production. Apple polyphenols and apple cider vinegar add further support for glucose and lipid metabolism.

Will I experience bloating or discomfort?

Introducing fiber can increase gas or bloating in some people as the body adjusts. This formula contains cassava root fiber. This ingredient provides gentler digestion. If discomfort persists, consider halving the serving of Balance for 3–7 days while your body adjusts.

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

One serving should be mixed in 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.

Can I still take it if I forgot to take it before a meal?

Balance is designed to be taken before a meal, but taking it late is better than skipping it — the soluble fibers still support digestive health.

Who can take Balance?

Recommended for all adults who want to support digestive and metabolic health. Pregnant and nursing women should consult a physician before taking Balance. As with any nutritional supplement, consult a healthcare provider with questions.

Is Balance third-party tested?

The current Balance lineup is third-party tested for ingredient accuracy, purity, and safety. Every batch is independently verified so you know exactly what's in it.



Unicity.com

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

Customer Service: 1-800-864-2489

© 2026 Unicity International, Inc. All Rights Reserved

*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.