



Balance

The smart solution to
balanced nutrition



Most people know that fiber is good for digestion. But fiber not only aids digestive health, it also has numerous other health benefits. Despite this, many of us don't get enough fiber from fruits, vegetables, and whole grains.

Balance is a pre-meal drink with a patented fiber matrix that includes soluble fiber, vitamins, and minerals to support healthy digestion.

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

- Easy addition to your fiber-rich diet
- Convenient stick packs for on the go



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 who want to enjoy the numerous health benefits of a fiber-rich diet.
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Ingredients

Biosphere Fiber Proprietary Formula®: Biosphere is a unique blend that includes five different plant-based fiber sources for a versatile fiber composition—ideal as a supplement to a high-fiber diet.

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

Bios Cardio Matrix™: Bios Cardio Matrix is a blend of plant extracts with phytosterols.*

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract).

May contain traces of gluten.

Unicity 7X™: Unicity 7x is a special blend of plant polysaccharides and gum arabic that forms a gel-like structure in water—characteristic for many soluble fibers.

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%.



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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.

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FAQs

Why are there vitamins and minerals in Balance?

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?

Everyone tolerates fiber differently. When adding new sources of fiber to your diet, you should do so gradually to avoid gastrointestinal discomfort.

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.

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

One serving of Balance 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.

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.

NOTE: This product contains natural ingredients; therefore, color may vary, and some ingredients may not dissolve as rapidly as others. This product may be taken with medications that are compatible with food.**