



# 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?

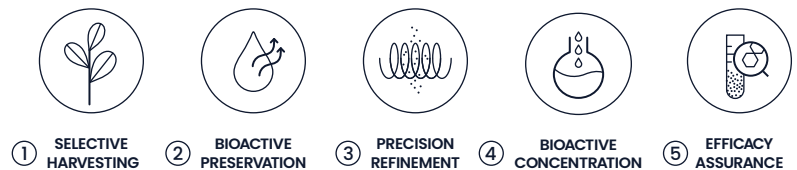
Unimate helps make great days the rule, not the exception.

Yerba mate comes from a plant native to South America, where it has been consumed in community rituals for hundreds of years, and contains natural antioxidants and nutrients. The yerba mate leaves in Unicity Unimate undergo our proprietary BioSelect™ process—selective harvesting, preservation of bioactive compounds, precision refining, concentration of bioactive compounds, and assurance of potency. Unimate is therefore a concentrated extract that retains the naturally occurring compounds of yerba mate. Whatever daily tasks lie ahead, Unimate can help you feel your best.

**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.



## Features





# Unimate



## Certifications



Third-party  
tested



Halal  
certified



LGC  
Informed  
Choice



Gluten  
free



Made in  
GMP-certified  
facilities



Kosher  
certified

## Flavors



Unimate  
Natural Lemon



Unimate  
Apple Spice  
(LTO)



Raspberry  
Pomegranate

## When to use

- Before working out.
- In the morning to start your day.
- Between meals.
- At your desk, on the go, or anywhere in between

## 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 (5.1 g) with 375 mL (12 oz) of hot or cold water (add more or less to taste). Drink once or twice per day.

## Ideal for

- **Entrepreneurs, Business People, Super Moms, and Super Dads:** Unimate provides just the right amount of support to nail that afternoon presentation, finish all the household tasks, or help the kids with the project they just conveniently remembered was due tomorrow.
- **Athletes:** Whether you're working out or enjoying your favorite sporting activity, Unimate fits seamlessly into an active lifestyle.

## Ingredients

**Green 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 polyphenols, which have antioxidant activity.

Yerba mate contains naturally occurring:

- **Chlorogenic acids** - Chlorogenic acids are polyphenolic compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea.
- **Theobromine** - Theobromine is a molecule best known for its presence as the "feel good" compound in chocolate.

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## 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.

# Unimate



## Nutrition Facts Valeur nutritive

Per 1 stick pack (5.1 g)  
pour 1 sachet (5,1 g)

| Calories 5                  | % Daily Value*        |
|-----------------------------|-----------------------|
|                             | % valeur quotidienne* |
| Fat / Lipides 0 g           | 0 %                   |
| Carbohydrate / Glucides 1 g |                       |
| Protein / Protéines 0.3 g   |                       |

Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

**\*5% or less is a little, 15% or more is a lot.**

Source négligeable de gras saturés, de gras trans, de cholestérol, de sodium, de fibres, de sucres, de vitamine A, de vitamine C, de calcium et de fer.

**\*5% ou moins c'est peu, 15% ou plus c'est beaucoup.**

**INGREDIENTS:** Yerba mate leaf extract, Citric acid, Sodium gluconate, Natural flavours, Steviol glycosides (Stevia extract).

**INGRÉDIENTS :** Extrait de feuille de yerba maté, acide citrique, gluconate de sodium, arômes naturels, Glycosides de stéviol (extrait de stévia).

Low energy | Faible énergie



## Nutrition Facts Valeur nutritive

Per 1 stick pack (5.6 g)  
pour 1 sachet (5,6 g)

| Calories 10                 | % Daily Value*        |
|-----------------------------|-----------------------|
|                             | % valeur quotidienne* |
| Fat / Lipides 0 g           | 0 %                   |
| Carbohydrate / Glucides 1 g |                       |
| Fiber / Fibres < 1 g        |                       |
| Sugars / Sucres 1 g         |                       |
| Protein / Protéines 0.3 g   |                       |
| Sodium / Sodium 75 mg       |                       |

Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

**\*5% or less is a little, 15% or more is a lot.**

Source négligeable de gras saturés, de gras trans, de cholestérol, de sodium, de fibres, de sucres, de vitamine A, de vitamine C, de calcium et de fer.

**\*5% ou moins c'est peu, 15% ou plus c'est beaucoup.**

**INGREDIENTS:** Yerba mate leaf extract, Natural flavours, Citric acid, Sodium gluconate, Coconut creamer (coconut oil, soluble vegetable fiber, sodium caseinate, sunflower lecithin, silicon dioxide), Reb A (stevia extract), Salt.

**CONTAINS:** Milk

**INGRÉDIENTS:** Extrait de feuille de yerba mate, Arômes naturels, acide citrique, gluconate de sodium, crème de coco (huile de coco, fibres végétales solubles, caséinate de sodium, lécithine de tournesol, dioxyde de silicium), Reb A (extrait de stévia), sel.

**CONTIENT:** Lait



## Nutrition Facts Valeur nutritive

Per 1 stick pack (5.8 g)  
pour 1 sachet (5,8 g)

| Calories 15                 | % Daily Value*        |
|-----------------------------|-----------------------|
|                             | % valeur quotidienne* |
| Fat / Lipides 0 g           | 0 %                   |
| Carbohydrate / Glucides 3 g |                       |
| Protein / Protéines 0.3 g   |                       |

Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

**\*5% or less is a little, 15% or more is a lot.**

Source négligeable de gras saturés, de gras trans, de cholestérol, de sodium, de fibres, de sucres, de vitamine A, de vitamine C, de calcium et de fer.

**\*5% ou moins c'est peu, 15% ou plus c'est beaucoup.**

**INGREDIENTS:** Yerba Mate Leaf Extract, Natural Flavors, Citric Acid, Salt, Beetroot Powder, Steviol Glycosides.

**INGRÉDIENTS :** Extrait de feuille de yerba maté, Arômes naturels, Acide citrique, Sel, Poudre de betterave, Glycosides de stéviol.

Low energy | Faible énergie

# Unimate

## FAQs

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### 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.

### Who can take Unimate?

Unimate is intended for adults. Not suitable for pregnant or nursing women, children, or people sensitive to caffeine. More than the recommended use should not be taken.

### What if I experience heartburn while using Unimate?

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.



# Decaf Unimate

Ultra-concentrated yerba mate drink mix

Mint chocolate brownie flavor with other natural flavors



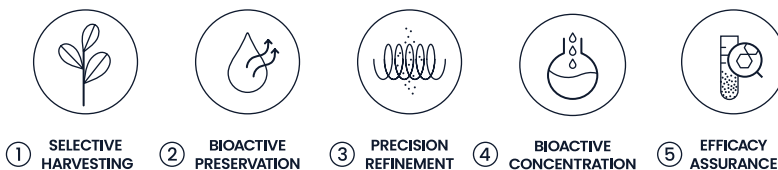
Unimate helps make great days the rule, not the exception — now in a decaffeinated formula. Mint Chocolate Brownie is the first decaffeinated Unimate flavor offered in Canada: rich, indulgent, and designed for feel-good moments with less caffeine.

The yerba mate leaves in Decaffeinated Unimate undergo Unicity's unique BioSelect™ Process, followed by a proprietary decaffeination process that removes caffeine while preserving the beneficial compounds. The result is an extract containing up to 10 times the chlorogenic acids found in a typical cup of coffee, and 20 times those found in other commercially available yerba mate products.

**Enjoy it morning, afternoon, or evening** — with the flexibility to fit any lifestyle.

## The BioSelect™ Process

Unimate is uniquely powerful thanks to **Unicity's BioSelect™ Process**: select harvesting, bioactive preservation, precision refinement, bioactive concentration, and efficacy assurance.







# Decaf Unimate

Mint chocolate brownie flavor with other natural flavors



## Features



High-quality, purified, ultra-concentrated yerba mate



Proprietary decaffeination process that preserves beneficial compounds



Less than 15 mg of caffeine per serving



No added sugar — naturally sweetened



No artificial colors or preservatives



Rich source of chlorogenic acids, mate saponins, and antioxidants

## Certifications



Gluten free



Kosher certified



LGC Informed Choice



Made in GMP-certified facilities



Halal certified



Third-party tested

## Use

Mix 1 stick pack with 500–700 mL (17–24 oz) of hot or cold liquid. Use 1–2 times daily.

**During your eating window:** Mix with milk or your choice of milk alternative for a rich, indulgent experience.

**During your fasting window:** Mix with water for a light, fasting-friendly lift.

## When to use

- In the afternoon or evening when you want to avoid caffeine
- After dinner, before starting your fast for the evening
- As part of a wind-down routine — won't interfere with sleep



# Decaf Unimate

Mint chocolate brownie flavor with other natural flavors

## Ideal for

- Individuals sensitive to caffeine
- Entrepreneurs, business professionals, and busy parents
- Anyone looking for a satisfying, evening-friendly alternative to caffeinated drinks
- Athletes
- Students

## 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.

## Frequently asked questions

### Is Decaffeinated Unimate completely caffeine-free?

No — decaffeinated does not mean caffeine-free. Each serving contains less than 15 mg of caffeine, which is significantly less than a standard cup of coffee. It is suitable for those who are caffeine-sensitive or want to avoid caffeine later in the day.

### Who should not take Decaffeinated Unimate?

Decaffeinated Unimate is intended for adults. Not suitable for pregnant or nursing women, children, or individuals advised to avoid caffeine entirely. Do not exceed the recommended daily use.

### Can I take it at night?

Yes — the low caffeine content means it won't disrupt sleep for most people. Many users enjoy it as part of an evening wind-down or post-dinner routine.

## Ingredients

### Green yerba mate leaf

Sourced from the *Ilex paraguariensis* plant native to South America and used by indigenous people for centuries. A natural source of polyphenols with potent antioxidant properties.

Yerba mate contains naturally occurring:

- **Chlorogenic acids** — Chlorogenic acids are polyphenolic compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea.
- **Mate saponins** — Molecules specific to the yerba mate plant.
- **Theobromine** — The mood-boosting compound found in high-quality chocolate.

## Nutrition Facts Valeur nutritive

Per 1 Stick pack (7.0 g)  
pour 1 sachet (7,0 g)

|                         | % Daily Value*        |
|-------------------------|-----------------------|
|                         | % valeur quotidienne* |
| Calories                | 15                    |
| Fat / Lipides           | 0 g 0%                |
| Carbohydrate / Glucides | 3 g                   |
| Protein / Protéines     | 0.3 g                 |

Not a significant source of saturated fat, trans fat, cholesterol, sodium, fibre, sugars, vitamin A, vitamin C, calcium or iron.

\*5% or less is **a little**, 15% or more is **a lot**.

Source négligeable de gras saturés, de gras trans, de cholestérol, de sodium, de fibres, de sucres, de vitamine A, de vitamine C, de calcium et de fer.

\*5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**.

INGREDIENTS: Decaffeinated Yerba Mate Leaf Extract, Cocoa Powder (processed with alkali), Natural Flavors, Salt, Gum Arabic, Guar Gum, Silica, Steviol Glycosides.

INGRÉDIENTS : Décaféiné extrait de feuille de yerba maté, Poudre de cacao (traitée avec un alcali), Arômes naturels, Sel, Gomme arabique, Gomme de guar, Silice, Glycosides de stéviol.



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

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# Balance

The smart solution to  
balanced nutrition



The prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in the foods we eat. Soluble fibers can support important bodily functions like healthy metabolism.

Unicity Balance is a pre-meal drink with a proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber blend utilized in Balance helps to support healthy metabolism, including healthy glucose metabolism. Balance is formulated to provide critical vitamins, minerals, and soluble fibers to help support normal blood glucose levels and provide antioxidants.

**Balance: for healthy metabolism and normal blood glucose levels.**

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## Features



Proprietary blend of  
five soluble fibers



Specialized blend of  
plant-derived  
polysaccharides and  
Gum Arabic



Plant extract and  
phytosterols



Unique blend of  
vitamins and  
minerals



Naturally  
flavored



Naturally  
sweetened with  
stevia extract

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## Benefits

- Provides support for healthy glucose metabolism
- Helps maintain healthy cholesterol levels with two servings a day
- Source of vitamins and minerals, factors in the maintenance of good health

UNICITY

# Balance



## Certifications



Third-party  
tested



Halal  
certified



Gluten  
free



Made in  
GMP-certified  
facilities



Kosher  
certified

## Flavors



Natural Orange



Mixed Berry

## Try this

- Mix with **Unimate** for the ultimate Feel Great combination

### Use

- Take 1 stick pack once daily. Mix with 240 mL water and drink immediately. Take with food, a few hours before or after taking medications or other natural health products.
- For added benefits, combine Unicity Balance with a form of intermittent fasting, such as 16:8

### Ideal for

- Adults wanting to increase their fiber intake
- Individuals interested in maintaining healthy glucose levels
- Adults looking for support of a healthy metabolism



# Balance

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## Ingredients

**Proprietary fiber blend:** Balance contains a unique blend that includes five different sources of fiber. These fibers help support metabolism and maintenance of normal blood glucose levels.

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

**Plant-derived polysaccharides:** Our 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 substance helps slow the emptying of your stomach.

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

**Plant extract and phytosterols:** This blend of a plant extract and phytosterols support the body's healthy metabolic processes, including the ability to metabolize nutrients.

**Ingredients:** Phytosterols, Policosanol (Sugar Cane Extract)

**Stevia:** Stevia is a naturally derived plant sweetener that helps improve the product's taste.

**Vitamins and minerals:** Balance provides a unique blend of vitamins and minerals that play a key role in the maintenance of good health and protect the fat in the body tissues from oxidation.

**Ingredients:** Calcium Carbonate, Vitamin C (ascorbic acid), Chromium, Vitamin A, Vitamin E (D-alpha Tocopheryl Acetate), Niacin (Niacinamide), Zinc (Zinc Gluconate), Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Cyanocobalamin), Folic Acid, Vitamin B1 (Thiamin HCl), Biotin, Riboflavin

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## Designed for health

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# Balance



**MEDICINAL INGREDIENTS (PER STICK PACK) |  
INGRÉDIENTS MÉDICINAUX (PAR SACHET)**

|                                                                                                                                                                                                                                                                                                                  |                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Guar Gum ( <i>Cyamopsis tetragonoloba</i> , seed endosperm)   Gomme de guar ( <i>Cyamopsis tetragonoloba</i> - endosperme de graine)                                                                                                                                                                             | 1,275 g              |
| Acacia ( <i>Senegalia senegal</i> , gum)   Acacia ( <i>Senegalia senegal</i> - gomme)                                                                                                                                                                                                                            | 765 mg               |
| Locust Bean ( <i>Ceratonia siliqua</i> , gum)   Caroube ( <i>Ceratonia siliqua</i> , gomme)                                                                                                                                                                                                                      | 80 mg                |
| Free Plant Sterols (Glycine max seed and <i>Brassica napus</i> - Whole.) std. to 80.0% Combined beta-Sitosterol, Campesterol and Stigmasterol)   Stérols végétaux libres (graines de <i>Glycine max</i> et <i>Brassica napus</i> - entiers), std à 80 % de bêta-sitostérol, campestérol et stigmastérol combinés | 405 mg               |
| Pectin ( <i>Citrus sinensis</i> - fruit)   Pectine ( <i>Citrus sinensis</i> - fruit)                                                                                                                                                                                                                             | 127.5 mg             |
| Oat ( <i>Avena sativa</i> , seed)   Avoine ( <i>Avena sativa</i> - grain)                                                                                                                                                                                                                                        | 332.5 mg             |
| Vitamin C (Ascorbic acid)   Vitamine C (acide ascorbique)                                                                                                                                                                                                                                                        | 48.2 mg              |
| Beta-Carotene (synthetic)   Bêta-carotène (synthétique)                                                                                                                                                                                                                                                          | 449.5 mcg (749.5 IU) |
| Vitamin E (DL-alpha tocopherol acetate)   Vitamine E (acétate de d-alpha tocophéryl)                                                                                                                                                                                                                             | 13.5 mg AT(20.2 IU)  |
| Niacin (from Niacinamide)   Niacine (de la Niacinamide)                                                                                                                                                                                                                                                          | 26.1 mg              |
| Vitamin B2 (Riboflavin)   Vitamine B2 (riboflavine)                                                                                                                                                                                                                                                              | 2 mg                 |
| Vitamin B1 (Thiamine hydrochloride)   Vitamine B1 (chlorhydrate de thiamine)                                                                                                                                                                                                                                     | 2 mg                 |
| Vitamin B6 (Pyridoxine hydrochloride)   Vitamine B6 (chlorhydrate de pyridoxine)                                                                                                                                                                                                                                 | 7 mg                 |
| Folate (Folic Acid)   Foliates (acide folique)                                                                                                                                                                                                                                                                   | 220 mcg              |
| Vitamin B12 (Cyanocobalamin)   Vitamine B12 (cyanocobalamine)                                                                                                                                                                                                                                                    | 25 mcg               |
| Biotin   Biotine                                                                                                                                                                                                                                                                                                 | 20 mcg               |
| Calcium (Calcium carbonate)   Calcium (carbonate de calcium)                                                                                                                                                                                                                                                     | 61.5 mg              |
| Zinc (Zinc gluconate)   Zinc (gluconate de zinc)                                                                                                                                                                                                                                                                 | 2.3 mg               |
| Chromium (Chromium-enriched yeast)   Chrome (levure enrichie en chrome)                                                                                                                                                                                                                                          | 100.9 mcg            |
| Oat (Seed bran of <i>Avena sativa</i> ; 2.4:1) Extract   Extrait d'avoine (son d' <i>Avena sativa</i> ; 2.4:1)                                                                                                                                                                                                   | 40 mg (QCE: 96 mg)   |
| Policosanol ( <i>Saccharum officinarum</i> - Wax)   Policosanol ( <i>Saccharum officinarum</i> - cire)                                                                                                                                                                                                           | 3.6 mg               |

**NON-MEDICINAL INGREDIENTS:** Resistant maltodextrins, Orange flavor, Orange Juice Powder, Citric acid, Flavour, Steviol glycosides

Provides support for healthy glucose metabolism. Helps to maintain/support normal blood glucose levels.

**INGRÉDIENTS NON-MÉDICINAUX:** maltodextrines résistantes, saveur d'orange, poudre de jus d'orange, acide citrique, arôme, glycosides de stéviol

Contribue à un métabolisme sain du glucose. Contribue à maintenir/soutenir des niveaux normaux de glucose dans le sang.



**MEDICINAL INGREDIENTS (PER PACKET) |  
INGRÉDIENTS MÉDICINAUX (PAR SACHET)**

|                                                                                                                                                                                                                                                                                                                  |                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Guar Gum ( <i>Cyamopsis tetragonoloba</i> , seed endosperm)   Gomme de guar ( <i>Cyamopsis tetragonoloba</i> - endosperme de graine)                                                                                                                                                                             | 1,275 g             |
| Acacia ( <i>Senegalia senegal</i> , gum)   Acacia ( <i>Senegalia senegal</i> - gomme)                                                                                                                                                                                                                            | 765 mg              |
| Locust Bean ( <i>Ceratonia siliqua</i> , gum)   Caroube ( <i>Ceratonia siliqua</i> - gomme)                                                                                                                                                                                                                      | 80 mg               |
| Free Plant Sterols (Glycine max seed and <i>Brassica napus</i> - Whole.) std. to 80.0% Combined beta-Sitosterol, Campesterol and Stigmasterol)   Stérols végétaux libres (graines de <i>Glycine max</i> et <i>Brassica napus</i> - entiers), std à 80 % de bêta-sitostérol, campestérol et stigmastérol combinés | 405 mg              |
| Pectin ( <i>Citrus sinensis</i> - fruit)   Pectine ( <i>Citrus sinensis</i> - fruit)                                                                                                                                                                                                                             | 127.5 mg            |
| Oat ( <i>Avena sativa</i> , seed)   Avoine ( <i>Avena sativa</i> - grain)                                                                                                                                                                                                                                        | 332.5 mg            |
| Vitamin C (Ascorbic acid)   Vitamine C (acide ascorbique)                                                                                                                                                                                                                                                        | 48.2 mg             |
| Vitamin A (all-trans-Retinyol Acetate)   Vitamine A (acétate de rétinyle tout trans)                                                                                                                                                                                                                             | 225.4 mcg RAE       |
| Vitamin E (DL-alpha tocopherol acetate)   Vitamine E (acétate de d-alpha tocophéryl)                                                                                                                                                                                                                             | 13.5 mg AT(20.2 IU) |
| Niacin (from Niacinamide)   Niacine (de la niacinamide)                                                                                                                                                                                                                                                          | 26.1 mg             |
| Vitamin B2 (Riboflavin)   Vitamine B2 (riboflavine)                                                                                                                                                                                                                                                              | 2 mg                |
| Vitamin B1 (Thiamine hydrochloride)   Vitamine B1 (chlorhydrate de thiamine)                                                                                                                                                                                                                                     | 2 mg                |
| Vitamin B6 (Pyridoxine hydrochloride)   Vitamine B6 (chlorhydrate de pyridoxine)                                                                                                                                                                                                                                 | 7 mg                |
| Folate (Folic Acid)   Foliates (acide folique)                                                                                                                                                                                                                                                                   | 220 mcg             |
| Vitamin B12 (Cyanocobalamin)   Vitamine B12 (cyanocobalamine)                                                                                                                                                                                                                                                    | 25 mcg              |
| Biotin   Biotine                                                                                                                                                                                                                                                                                                 | 20 mcg              |
| Calcium (Calcium carbonate)   Calcium (carbonate de calcium)                                                                                                                                                                                                                                                     | 61.5 mg             |
| Zinc (Zinc gluconate)   Zinc (gluconate de zinc)                                                                                                                                                                                                                                                                 | 2.3 mg              |
| Chromium (Chromium-enriched yeast)   Chrome (levure enrichie en chrome)                                                                                                                                                                                                                                          | 100.9 mcg           |
| Oat (Seed bran of <i>Avena sativa</i> ; 2.4:1) Extract   Extrait d'avoine (son d' <i>Avena sativa</i> ; 2.4:1)                                                                                                                                                                                                   | 40 mg (QCE: 96 mg)  |
| Policosanol ( <i>Saccharum officinarum</i> - Wax)   Policosanol ( <i>Saccharum officinarum</i> - cire)                                                                                                                                                                                                           | 3.6 mg              |

**NON-MEDICINAL INGREDIENTS:** Resistant maltodextrins, Steviol glycosides, Citric acid, Beetroot red, Strawberry Flavour, Raspberry Flavour.

Provides support for healthy glucose metabolism. Helps to maintain/support normal blood glucose levels.

**INGRÉDIENTS NON-MÉDICINAUX:** Maltodextrines résistantes, Glycosides de stéviol, Acide citrique, Colorant rouge betterave, Arôme de fraise, Arôme de framboise.

Favorise un métabolisme sain du glucose. Contribue à maintenir des niveaux normaux de glucose dans le sang.



# Balance

## FAQs

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### 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 the food in your stomach.

### Why are there vitamins and minerals in Balance?

The addition of vitamins and minerals in Balance support the nutrient content and support biological functions that play a key role in the maintenance of overall good health and metabolism.

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

Yes. Many people who take Balance find that they consume fewer snacks between meals, and if they indulge, they feel better afterward.

### Who can take Balance?

We recommend Balance for adults who want to maintain good metabolic health. Pregnant and nursing women should consult their physician before taking Balance. Consult a health care practitioner prior to use if you have diabetes, or if you are taking blood thinners or antiplatelet drugs.

### Can I drink Balance with other Unicity fiber products?

Each person's dietary fiber tolerance is different. When adding new sources of fiber to your diet, take it slow 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. It will still have some effect on the food that was eaten.

### Can I take this product with less than the recommended amount 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.



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.