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Feel Great

Two products + one practice = measureable results



There's a difference between simply getting through the day and truly feeling great. The Feel Great System is Unicity's simplified, science-backed approach to better metabolic health. It combines Unimate and Balance—two powerful, clinically supported supplements—with the sustainable practice of intermittent fasting.

Rather than relying on extreme diets or willpower alone, the Feel Great System helps you work with your body's natural rhythms. It supports stable blood sugar, better energy, improved focus, and fewer cravings—so you can build habits that last.

Whether your goal is to manage your weight, take control of your energy, or just feel like your best self again, **the Feel Great System provides a simple foundation to get started—and stick with it.**

Unimate®

A high-quality yerba mate extract that boosts focus and energy, and supports healthy blood sugar—perfect for starting your day and controlling your appetite.

This highly concentrated yerba mate drink contains a unique blend of plant compounds known to:

- Promotes natural GLP-1 production
- Improve mood
- Boost energy
- Heighten mental clarity
- Suppress appetite

Balance®

A diverse blend of soluble fibers taken with meals to help control blood sugar spikes, maintains fullness, and support healthy digestion.

This proprietary blend of fibers, nutrients, and plant compounds are specifically designed to:

- Coat your meal in a matrix of fibers to moderate your blood sugar response
- Slow carbohydrate absorption so you stay full longer
- Promote proper digestion and cholesterol absorption
- Provide 13 essential vitamins and minerals

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Intermittent fasting

Intermittent fasting is an eating style where you limit your meals to an 8-hour window each day, such as between 11 a.m. and 7 p.m. Studies show that intermittent fasting can improve insulin sensitivity, support blood sugar control, and promote a healthy weight. However, despite its benefits, many people find it difficult to stick with it long term. That's where Unimate and Balance come in. These products are designed to work synergistically to support your metabolism, energy, and satiety, making it easier to go longer without eating and easing the transition into a fasting routine. If fasting feels overwhelming at first, the best place to start is simply by using the products consistently—your body will naturally signal when it's ready to extend the fasting window.

Benefits

- Supports healthy blood sugar and insulin levels*
- Helps curb appetite and reduce cravings*
- Supports cognitive function and mental clarity*
- Encourages time-based eating and intermittent fasting*
- Promotes sustained energy and improved mood*
- Aids in healthy weight management*
- Promotes better overall well-being*

Features



Backed by clinical science and user experience



Complements intermittent fasting with appetite and energy support



Naturally flavored



Naturally sweetened with stevia extract



Designed to promote metabolic flexibility and a sustainable lifestyle



Convenient single-serving stick packs

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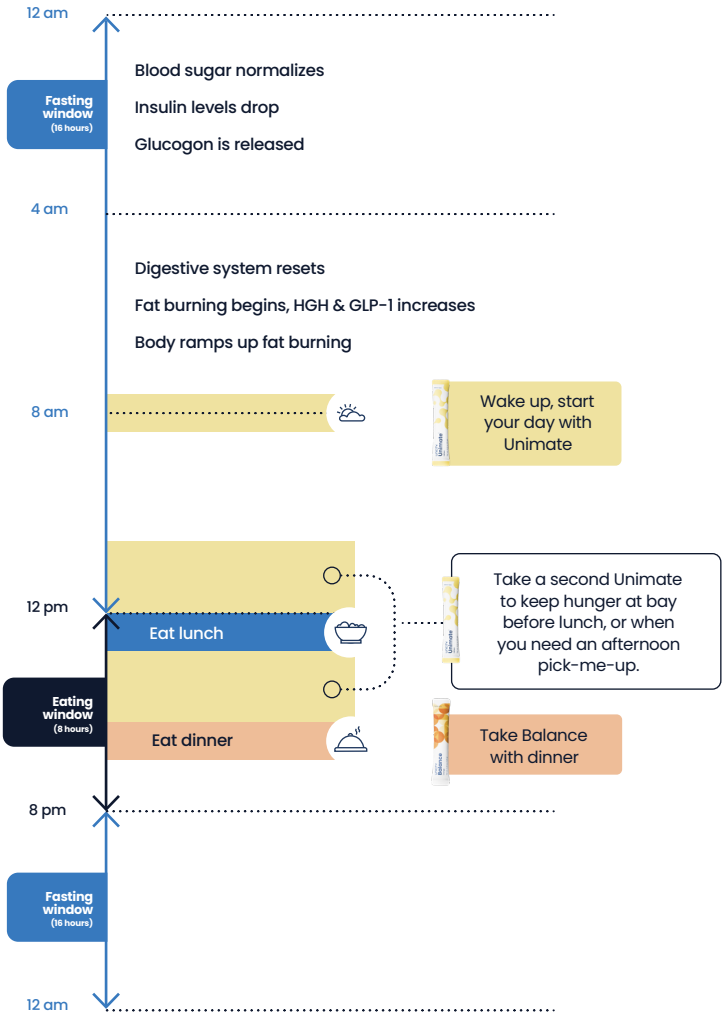
Feel Great

Use

Use the Feel Great System daily for best results:

- Morning: Mix one stick of Unimate with 17–24 oz (500–700 mL) of hot or cold water and drink on an empty stomach to support satiety and extend your fast.
- With meals: Mix one stick of Balance with 8–10 oz (240–300 mL) of water and drink immediately with your two main meals. Balance helps reduce carbohydrate absorption, support blood sugar levels, and increase satiety.

This rhythm promotes an eating window (commonly 12–8 p.m.) that simplifies intermittent fasting and helps reset your metabolic health.

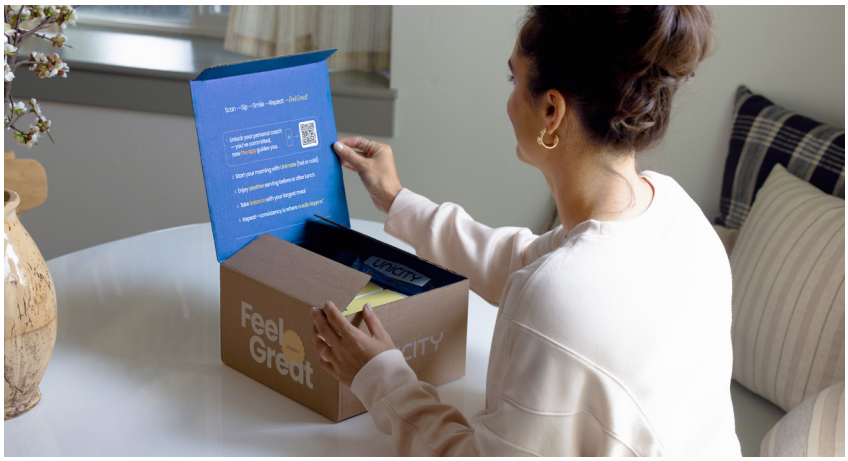


Ideal for

- Anyone looking to simplify intermittent fasting
- Individuals wanting better blood sugar control and energy
- Those working toward healthy weight management
- People looking to curb cravings and snacking habits
- Busy professionals, parents, and students who want to feel great daily

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Feel Great



Certifications

- Third-party tested
- Halal certified
- LGC Informed Choice
- Gluten free
- Made in GMP-certified facilities
- Kosher certified

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.



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Feel Great

Unimate supplement facts



Supplement Facts

Serving Size 1 packet (5.1g) — Servings Per Container 30 packets

Amount Per Packet		% Daily Value*
Calories	15	
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Sodium	40mg	2%
Unimate (Green Mate Leaf Extract) Powder	3g	†

*Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

OTHER INGREDIENTS: Citric Acid (from Cassava Root), Natural Flavor, Sodium Gluconate, Stevia Glycosides



Supplement Facts

Serving Size 1 packet (6.3g) — Servings Per Container 30 packets

Amount Per Packet		% Daily Value*
Calories	10	
Total Fat	0g	0%
Total Carbohydrates	2g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Unimate (Green Mate Leaf Extract) Powder	3g	†

*Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

OTHER INGREDIENTS: Erythritol, Citric Acid, Sodium Gluconate, Natural Flavors, Ginger Root Extract, Rebaudioside A, Sucralose.



Supplement Facts

Serving Size 1 packet (5.8g) — Servings Per Container 30 packets

Amount Per Packet		% Daily Value*
Calories	15	
Total Fat	0g	0%
Total Carbohydrates	3g	1%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 0g of added sugar		0%
Sodium	95mg	4%
Unimate (Green Mate Leaf Extract) Powder	3g	†
Pomegranate (Fruit) Extract	150mg	†

*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.



Supplement Facts

Serving Size 1 packet (5.2g) — Servings Per Container 30 packets

Amount Per Packet		% Daily Value*
Calories	15	
Total Fat	0g	0%
Total Carbohydrates	2g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Sodium	40 mg	2%
Unimate (Green Mate Leaf Extract) Powder	3g	†
Ginger (Root) Extract (Standardized to 5% Gingerols)	350mg	†

*Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

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



Supplement Facts

Serving Size 1 packet (5.6g) — Servings Per Container 30 packets

Amount Per Packet		% Daily Value*
Calories	10	
Total Carbohydrates	3g	1%
Dietary Fiber	<1g	2%
Total Sugars	<1g	
Includes 0g of added sugar		0%
Sodium	75 mg	3%
Unimate (Green Mate Leaf Extract) Powder	3g	†

*Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

OTHER INGREDIENTS: Natural Flavors, Citric Acid, Sodium Gluconate, Coconut Creamer (Coconut Oil, Soluble Vegetable Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Rebaudioside A, Salt.

CONTAINS: Milk



Supplement Facts

Serving Size 1 packet (4.9g) — Servings Per Container 30 packets

Amount Per Packet		% Daily Value*
Calories	15	
Total Fat	0g	0%
Total Carbohydrates	3g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Sodium	55mg	2%
Unimate (Green Mate Leaf Extract) Powder	3g	†

*Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

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



Supplement Facts

Serving Size 1 packet (7.0g) — Servings Per Container 30 packets

Amount Per Packet		% Daily Value*
Calories	15	
Total Fat	0g	0%
Total Carbohydrates	3g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g of added sugar		0%
Sodium	160mg	7%
Unimate (Green Mate Leaf Extract) Powder	3g	†

*Percent Daily Values are based on a 2,000 calorie diet
† Percent Daily Value not established.

OTHER INGREDIENTS: Cocoa Powder (processed with Alkali), Natural Flavors, Salt, Gum Arabic, Guar Gum, Silica, Steviol Glycosides.

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Feel Great

Balance supplement facts



Supplement Facts

Serving Size 1 Packet (7.25g) — Servings Per Container 30

Amount per Packet		% Daily Value*
Calories	15	
Total Carbohydrates	5g	2%
Dietary Fiber	4g	14%
Soluble Fiber	4g	†
Total Sugars	0g	†
Includes 0g of added sugar		0%

Vitamin A (100% as Beta-Carotene)	104 mcg RAE	10%	Folic Acid	367 mcg DFE	90%
Vitamin C (as Ascorbic Acid)	45 mg	50%	Vitamin B12 (as Cianocobalamin)	25 mcg	1040%
Vitamin E (as D-Alfa Tocopheryl Acetate)	13 mg α-TE	90%	Biotin	20 mcg	70%
Thiamin	2 mg	170%	Calcium (as Calcium Carbonate)	60 mg	4%
Riboflavin	2 mg	150%	Zinc (as Zinc Gluconate)	2.3 mg	20%
Niacin (as Niacinamide)	26 mg	160%	Chromium	100 mcg	290%
Vitamin B6 (as Pyridoxine HCL)	7 mg	410%			

Biosphere Fiber® Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta Glucan	2,228 mg	†
Unicity 7x™ Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic	1,404 mg	†
Bios Cardio Matrix™ Phytosterols, Policosanol (Sugar Cane Extract)	411 mg	†

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
†Percent Daily Value is not established.

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



Supplement Facts

Serving Size 1 Packet (7.25g) — Servings Per Container 30

Amount per Packet		% Daily Value*
Calories	15	
Total Carbohydrates	5g	2%
Dietary Fiber	4g	14%
Soluble Fiber	4g	†
Total Sugars	0g	†
Includes 0g of added sugar		0%

Vitamin A (100% as Beta-Carotene)	225 mcg RAE	25%	Folic Acid	367 mcg DFE	90%
Vitamin C (as Ascorbic Acid)	45 mg	50%	Vitamin B12 (as Cianocobalamin)	25 mcg	1040%
Vitamin E (as D-Alfa Tocopheryl Acetate)	13 mg α-TE	90%	Biotin	20 mcg	70%
Thiamin	2 mg	170%	Calcium (as Calcium Carbonate)	60 mg	4%
Riboflavin	2 mg	150%	Zinc (as Zinc Gluconate)	2.3 mg	20%
Niacin (as Niacinamide)	26 mg	160%	Chromium	100 mcg	290%
Vitamin B6 (as Pyridoxine HCL)	7 mg	410%			

Biosphere Fiber® Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta Glucan	2,228 mg	†
Unicity 7x™ Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic	1,404 mg	†
Bios Cardio Matrix™ Phytosterols, Policosanol (Sugar Cane Extract)	411 mg	†

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
†Percent Daily Value is not established.

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

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Feel Great

Feel Great Science

Feel Great isn't just another wellness trend—it's built on **real science** and clinical evidence.

Unicity's products have been featured in published peer-reviewed studies, clinical trials, and independent research. In one of several clinical studies on the Feel Great System, participants saw a 12% drop in glycemic variability—the daily blood-sugar swings that signal and worsen insulin resistance—showing how Feel Great helps quiet the very instability that drives metabolic problems (Figure 1).

In another study, individuals using the Feel Great System experienced significant improvements in weight, waist circumference, cholesterol, triglycerides, and blood sugar–all key clinical indicators of metabolic health (Figure 2).

Finally, an independent study demonstrated that Unimate naturally increases the body's levels of GLP-1, a hormone that plays a pivotal role in blood sugar and appetite regulation. This natural GLP-1 plays the same role as popular GLP-1 medications but without the side effects. (Figure 3).

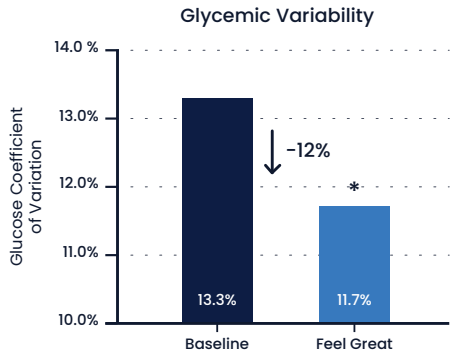


Figure 1
Feel Great, a dietary supplement and intermittent fasting program, improves glycemic variability in adults.

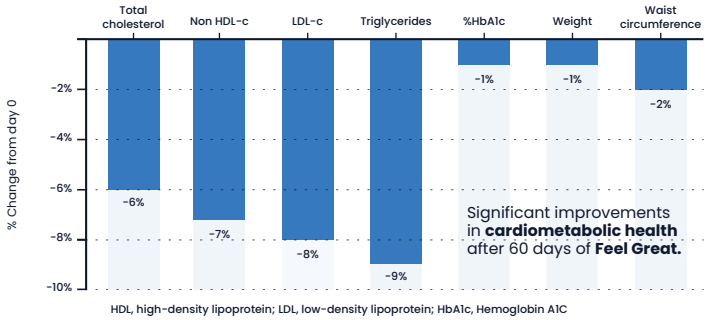


Figure 2
The "Feel Great" program improves cardiometabolic health outcomes in adults.

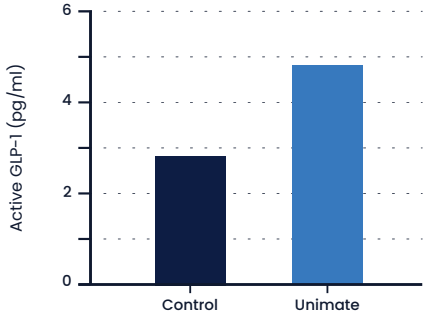


Figure 3
Active GLP-1 was significantly higher with four weeks of Unimate consumption relative to control (water only).

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Feel Great

FAQs

What is Feel Great?

The Feel Great system is a simple two-step metabolic health routine designed to support weight management, energy, appetite control, and intermittent fasting. It includes Unimate in the morning for mental clarity and energy, and Balance before meals to curb appetite, support blood sugar balance, and reduce carbohydrate absorption.

Can I use Unimate and Balance together?

Yes. They are designed to be used in tandem. Unimate helps you extend your fast, stay energized, and feel mentally sharp. Balance prepares your body to handle meals more effectively by reducing the impact of carbohydrates and curbing appetite.

Will this program break my fast?

Unimate does not break a fast and is ideal during fasting periods. Balance is taken before meals and is designed to work synergistically with intermittent fasting patterns.

Is the Feel Great system safe for everyone?

The system is intended for healthy adults. If you're pregnant, nursing, on medication, or have a medical condition, consult with your healthcare provider before use. Unimate contains natural caffeine and is not recommended for children or caffeine-sensitive individuals.

Can I take Balance if I've already eaten?

For best results, Balance should be taken before meals. However, if you forget, it's still beneficial to take it after eating to support digestion and cholesterol management.

Will I feel different when starting this program?

It's common to experience increased energy, improved focus, and reduced cravings. When adding Balance, some people may notice mild bloating or gas at first — a normal response to increased fiber intake. These symptoms typically subside within a few weeks.

How much caffeine is in Unimate?

Each serving contains roughly the same amount of caffeine as a cup of premium coffee. However, theobromine and chlorogenic acids help smooth the energy curve and promote a calm, focused mood.

Is the Feel Great system suitable for keto or low-carb diets?

Yes. Unimate helps support ketone production and mental clarity, while Balance assists with stabilizing blood sugar and reducing carb absorption — making both ideal for low-carb lifestyles.

What if I miss a dose?

Just resume the next scheduled use. With Balance, it's better late than never, and with Unimate, you can use it whenever you need a boost in focus or to help manage cravings. Please note that Unimate contains naturally occurring caffeine, which may not be suitable for evening use if you're sensitive to caffeine.

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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.

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Unimate Decaffinated

FAQs

How is Decaffeinated Unimate different from other Unimate options?

Decaffeinated Unimate goes through a proprietary patent-pending process to lower the amount of naturally occurring caffeine while working to maintain chlorogenic acids, antioxidants, and feel-good support as the original Unimate. We still standardize every serving of Unimate to chlorogenic acids that contribute to the benefits you know and love. Decaffeinated Unimate contains less than 15 mg of caffeine per serving, while other Unimate flavors offer roughly the same amount of caffeine as a cup of coffee with some slight variances.

How much caffeine is in one serving of Decaffeinated Unimate?

Less than 15mg per serving.

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

Unimate is ideal for keto or other low-carb diets because it helps make the body more efficient at producing ketones, the body's quick energy source from fat. Unimate prevents that tired, empty, listless feeling that comes from not having enough to eat because it helps the body use stored fat for energy.

What are mate saponins?

Mate saponins are a class of saponin molecules that are specific to the yerba mate plant. Mate saponins have been shown to have significant biological effects, particularly in the realm of weight loss and fat burning.

How is this product different from Unicity Matcha?

The two products differ in the types of energy they provide: Unicity Matcha supports physical energy, and Unimate supports mental energy. Matcha increases the amount of energy (ATP) produced, resulting in more cellular energy. Unimate promotes an improved mood, a sense of well-being, and it promotes the feeling that you can accomplish anything. Additionally, since Unimate also enhances ketone production, ketones can provide energy as well.

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.

What are chlorogenic acids?

Chlorogenic acids are a family of polyphenolic compounds found in plants and seeds, such as yerba mate, green coffee beans, and tea. They have important biological effects, including supporting healthy blood pressure, supporting healthy brain function, and promoting an improved mood. Unimate contains around 20 times more chlorogenic acids than standard yerba mate drinks.

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. Theobromine promotes feelings of calm, improves focus, and reduces mental fatigue.

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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

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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.

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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.

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