UNICITY

Balance

The smart solution to balanced nutrition



Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help lessen the impact excess dietary carbohydrates and cholesterol can have on the body. Soluble fibers, in particular, help support important bodily functions, like helping to maintain healthy cholesterol and blood sugar levels. However, 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.

Unicity Balance is a pre-meal drink with a proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help ease some of the impact excess dietary carbohydrates and cholesterol can have on the body. **Balance is also formulated to provide essential vitamins, minerals, and soluble fibers to help curb your appetite.**

Features

- Biosphere Fiber®: A proprietary blend of five soluable fibers
- 7x — Unicity 7x™: A specialized blend of plant-derived polysaccharides & Gum Arabic
- Bios Cardio Matrix™: A blend of plant extracts and phytosterols
- Convenient single-serving packets
- Naturally flavored
- Naturally sweetened with stevia extract

Benefits

- Helps curb appetite between meals*
- Aids in reducing the amount of dietary cholesterol that's absorbed into the bloodstream*
- Helps reduce carbohydrate absorption in the body*
- Supports normal, healthy blood glucose levels*
- Supports healthy weight management*
- Supports time-based eating and other intermittent fasting methods

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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 **Oasis** for added skin health benefits
- Mix with **Super Green+** for antioxidants and phytonutrients

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
- For added benefits, combine with intermittent fasting like 16:8

Ideal for

- Adults wanting to increase their fiber intake
- Individuals interested in maintaining healthy blood sugar and cholesterol levels
- Those looking to support their weight-management efforts

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Ingredients

Biosphere Fiber Proprietary Formula®: Biosphere is a unique blend that includes five different sources of fiber. These fibers help support cholesterol levels and slow the conversion of high-glycemic carbohydrates into blood glucose.

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

Bios Cardio Matrix™: Bios Cardio Matrix is a blend of plant extracts and phytosterols that supports the body's cholesterol absorption process. The blend can help limit the absorption of dietary cholesterol.

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract)

Unicity 7X™: Unicity 7x is a 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 consistency helps slow the emptying of your stomach, which results in prolonged satiety.

Ingredients: Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic Bios Cardio Matrix™ Bios Cardio Matrix is a blend of plant extracts and phytosterols that supports the body's cholesterol absorption process. The blend can help limit the absorption of dietary cholesterol. Ingredients: Phytosterols, Policosanol (Sugar Cane Extract)

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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Balance



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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Balance

FAQs

How does Balance work?

Balance includes viscous soluble fiber. This type of fiber forms a thick gel when combined with water and as it moves through the digestive tract. The gel-like consistency helps slow the emptying of your stomach, which results in prolonged satiety.

Why are there vitamins and minerals in Balance?

The vitamins and minerals in Balance help support proper digestion and help the body's enzymes work efficiently.

Who can take Balance?

We recommend Balance for adults who want to maintain good digestive and metabolic 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?

Introducing fiber (Balance) can increase gas or bloating in some people. This is a normal reaction as your body begins to acclimate to the increased daily fiber intake. The effects should diminish after 2–3 weeks. If you're very uncomfortable, consider halving the portion of Balance you take before each meal for 3–7 days.

Can I still take Balance if I forgot to take it before a meal? Should I skip it if I already ate?

Balance is designed to be taken before your meal, but it would be better to take it late rather than not at all. The soluble dietary fibers in Balance will still support your digestive health.

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.

Is Balance third-party tested?

Yes. All our products are tested by an independent third party to verify ingredient accuracy, purity, and safety. We do this to ensure you get exactly what we promise—nothing more, nothing less.

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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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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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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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