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Everyday Protein

Simple by Design



Protein shouldn't be complicated. Your body can't store protein, which means you need a high-quality source every single day. It's a metabolic necessity. And yet most protein powders are packed with fillers, additives, and artificial ingredients that have no business being there.

Everyday Protein takes a different approach. Each flavor starts with premium whey protein isolate, a touch of salt, and stevia. Chocolate adds real cocoa. Vanilla adds real vanilla and glycine. Every scoop delivers 20 grams of bioavailable protein and nothing else. **No hidden blends. No processed concentrates. No surprises.**

That clean formula does real work: supporting lean muscle preservation and recovery, promoting satiety between meals, and fueling sustained energy and a healthy metabolism. It's gentle on digestion and complements an intermittent fasting routine. Chocolate delivers cocoa flavanols and Vanilla delivers vanillin, both naturally occurring polyphenols with antioxidant properties. Whether you're building on an existing wellness routine or just getting started, Everyday Protein meets you where you are.

Features

- 20g of high-quality protein
- Real cocoa powder or natural vanilla
- Naturally sweetened
- Simple ingredients

Benefits

- Supports lean muscle preservation and recovery*
- Promotes satiety and helps manage appetite between meals*
- Supports healthy metabolism and sustained energy*
- Complements intermittent fasting by fueling muscles during your eating window*
- Delivers clean, bioavailable protein your body can actually use*
- Gentle on digestion with no bloating or discomfort common with other protein powders*
- Chocolate provides cocoa flavanols with natural antioxidant and anti-inflammatory properties*

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Use

Mix 1 scoop (30.5 g) with 8–10 oz. of water or dairy or plant-based milk (add more or less to taste). Drink 1–2 times daily or as your activity levels demand.

Mixing ideas: Blend into smoothies, stir into overnight oats, mix into pancake or waffle batter, or combine with coffee for a protein mocha. Everyday Protein's simple formula makes it easy to add clean protein to whatever you're already enjoying.

Try this

- Blend into smoothies or stir into overnight oats.
- Mix into pancake or waffle batter.
- Combine with coffee for a protein latte.

Ideal for

- Feel Great & StrongHold practitioners looking to optimize protein intake for complete metabolic support.
- Clean-label and health-conscious consumers who want to know exactly what's in their protein — no fillers, no artificial ingredients, no surprises.
- Weight management-focused individuals aiming to lose fat while preserving the lean muscle mass that keeps metabolism strong.
- People who need a convenient, high-quality protein source that fits their routine without slowing them down.
- Anyone maintaining muscle mass, recovery, and metabolic wellness at any stage of life.

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.

Flavors



Decadent Chocolate



Perfect Vanilla

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Everyday Protein

Ingredients

Decadent Chocolate

Whey Protein Isolate - Scoring a perfect 1.0 on the PDCAAS scale (the gold standard for measuring protein quality), whey protein isolate proportionately delivers all essential amino acids. With less than 1% lactose, it's one of today's most digestible, bioavailable protein sources.

Cocoa - More than just rich, real chocolate flavor. Cocoa contains flavanols, polyphenol antioxidants with natural anti-inflammatory properties that have been linked to improved brain and heart health and reduced oxidative stress.

Salt - Beyond enhancing cocoa's depth of flavor, salt restores vital electrolytes for hydration and cellular function. Sodium and chloride ions support nerve and muscle signaling, helping your body perform and recover, especially after exercise.

Stevia - A natural, zero-calorie sweetener derived from the Stevia rebaudiana plant. Stevia doesn't raise blood glucose or insulin levels, making it an ideal choice for those managing blood sugar or on a weight management journey.

Supplement Facts

Serving Size 1 Scoop (32g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	100	
Total Fat	1 g	1%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	†
Cholesterol	10 mg	3%
Total Carbohydrate	1 g	<1%
Dietary Fiber	0 g	0%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Protein	20 g	40%*
Calcium	100 mg	8%
Iron	2 mg	13%
Sodium	270 mg	12%
Potassium	310 mg	7%

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

OTHER INGREDIENTS: Whey Protein Isolate, Cocoa Powder (Processed with alkali), Salt, Steviol Glycosides.

CONTAINS: Milk ingredients.

Perfect Vanilla

Whey Protein Isolate - Scoring a perfect 1.0 on the PDCAAS scale — the gold standard for measuring protein quality — whey protein isolate proportionately delivers all essential amino acids. With less than 1% lactose, it's one of today's most digestible, bioavailable protein sources.

Vanilla Concentrate - Real vanilla delivers the warm, rounded delicious flavor that makes Everyday Protein easy to enjoy, with no artificial flavoring.

Glycine - The most abundant amino acid in the human body — and one of the most underrated. Glycine is a primary building block of collagen, supporting joint integrity, connective tissue repair, and skin health, while also fueling glutathione synthesis, the body's master antioxidant. It has been linked to improved sleep quality and muscle recovery.

Salt - Beyond rounding out vanilla's natural warmth, salt restores vital electrolytes for hydration and cellular function. Sodium and chloride ions support nerve and muscle signaling, helping your body perform and recover, especially after exercise.

Stevia - A zero-calorie sweetener from the leaves of the Stevia rebaudiana plant, adding sweetness without added sugar — a smart fit for anyone watching their sugar intake.

Supplement Facts

Serving Size 1 Scoop (27g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	100	
Total Fat	0 g	0%
Saturated Fat	0 g	1%
Trans Fat	0 g	†
Cholesterol	10 mg	4%
Total Carbohydrate	1 g	0%
Dietary Fiber	0 g	0%
Total Sugars	0 g	†
Includes 0g Added Sugars		0%*
Protein	20 g	40%*
Calcium	100 mg	8%
Sodium	240 mg	10%
Glycine	3 g	†

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

OTHER INGREDIENTS: Whey Protein Isolate, Salt, Natural Vanilla Concentrate, Steviol Glycosides.

CONTAINS: Milk ingredients.

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Frequently asked questions

How is Everyday Protein different from other proteins out there?
Most protein powders are packed with fillers, artificial sweeteners, and ingredients you can't pronounce. Everyday Protein starts with premium whey protein isolate, a touch of salt, and stevia. Chocolate adds real cocoa. Vanilla adds real vanilla and glycine. No concentrate blends, no artificial flavors, no compromise. You get 20 grams of premium, fast-absorbing protein and nothing else.

How much protein is in Everyday Protein?
Each serving delivers 20 grams of whey protein isolate, which scores a perfect 1.0 on the PDCAAS scale, the highest rating for protein quality and digestibility.

When is the best time to take Everyday Protein?
Everyday Protein works whenever it fits your routine: with a meal, post-workout, or as a snack between meals. If you practice intermittent fasting, take it during your eating window to support muscle preservation and satiety.

Can I mix Everyday Protein with other things or bake with it?
Yes. Everyday Protein's simple formula blends easily into smoothies, overnight oats, pancake or waffle batter, coffee, and more. Its clean ingredient list means it won't add anything unwanted to your favorite recipes.

Will Everyday Protein break my fast?
Yes, Everyday Protein contains protein and calories, so it should be consumed during your eating window. It's designed to complement an intermittent fasting routine by delivering essential nutrition when your body is ready to use it.

What is glycine and why is it in Everyday Protein Vanilla?
Glycine is an amino acid your body uses to build collagen, support joint health, and aid in muscle recovery. Your body produces some on its own, but not always enough, particularly for those with active lifestyles or higher protein needs.

Is Everyday Protein safe for people who are lactose intolerant?
Everyday Protein uses whey protein isolate, which contains less than 1% lactose. Most people with mild lactose sensitivity digest it comfortably.

How does Everyday Protein fit with my Feel Great routine?
Balance optimizes how your body handles food. Unimate fuels your mind and metabolism. Everyday Protein supports the lean muscle mass that keeps your metabolism strong and helps you lose weight from fat, not muscle. Together, they create a more complete foundation for metabolic health.

How many servings are in each bag?
Each bag includes 15 servings.

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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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*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.