



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 that excess carbohydrates and cholesterol can have on the body. Soluble fibers, in particular, help support important bodily functions—soluble fibers help 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 patented fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help ease some of the impact that excess carbohydrates and cholesterol can have on the body. Balance is formulated to provide critical vitamins, minerals, and soluble fibers to help curb your appetite.

***Balance: the smart solution to balanced nutrition***



\*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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## FEATURES

- Biosphere Fiber: A proprietary blend of five soluble fibers
- Unicity 7x: A specialized blend of plant-derived polysaccharides
- Bios Cardio Matrix: A blend of plant extracts and phytosterols
- Bios Vitamin Complex: A unique blend of vitamins and minerals
- Convenient, on-the-go single-serving sachets
- Subtle citrus flavor

## BENEFITS



Helps curb appetite between meals\*



Aids in reducing the amount of 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 the 4-4-12 eating pattern and other intermittent fasting methods

## IDEAL FOR

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

## USAGE

For best results, take twice daily, 10–15 minutes before your largest meals. Mix each packet with 8–10 oz. (240–300 mL) of water. Mix vigorously in a shaker cup. Drink immediately.

For added benefits, combine Unicity Balance with a form of intermittent fasting we refer to as 4-4-12: Do not eat anything for 4 hours between breakfast and lunch, wait 4 hours between lunch and dinner, and wait at least 12 hours between dinner and breakfast.

## TRY THIS!



Mix Balance with your favorite Complete flavor to get both high-quality protein and fiber.



Mix Balance with Unimate for the ultimate energy and mood boost.

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# INGREDIENTS

## BIOSPHERE FIBER PROPRIETARY FORMULA

Biosphere is a unique blend that includes five different sources of fiber. The 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-Glucans

## 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 substance 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 cholesterol from the digestive process.

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

## BIOS VITAMIN COMPLEX™

The Bios Vitamin Complex is a unique blend that supports healthy metabolism. The blend is designed to aid in proper digestion and optimize the conversion of food to fuel.

**Ingredients:** Calcium Carbonate, Vitamin C (Ascorbic Acid), Chromium, Vitamin A (Beta-Carotene), 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, Vitamin B2 (Riboflavin)

## ORANGE JUICE POWDER

Orange juice powder provides the distinct flavor for Unicity Balance.

## Supplement Facts

Serving Size 1 Packet (7.25 g)

Amount Per Serving		% Daily Value*			
Calories 15					
Total Carbohydrate	5g		2%		
Dietary Fiber	3g		16%		
Soluble Fiber	3g		†		
Other Carbohydrate	0g		†		
Includes 0g of added sugar					
Vitamin A	104 mcg RAE	10%	Folic Acid	367 mcg DFE	90%
(100% as Beta-Carotene)					
Vitamin C	45 mg	50%	Vitamin B12	25 mcg	1040%
(as Ascorbic Acid)					
Vitamin E	30 mg a-TE	200%	Biotin	20 mcg	70%
(as D-alpha Tocopheryl Acetate)					
Thiamin	2 mg	170%	Calcium	60 mg	4%
(as Calcium Carbonate)					
Riboflavin	2 mg	150%	Zinc	2.3 mg	20%
(as Zinc Gluconate)					
Niacin	26 mg	160%	Chromium	100 mcg	290%
(as Niacinamide)					
Vitamin B6	7 mg	410%			
(as Pyridoxine HCL)					
Biosphere Fiber®	2,228 mg				†
Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta Glucan					
Unicity 7x™	1,404 mg				†
Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic					
Bios Cardio Matrix™	418.5 mg				†
Phytosterols, Chrysanthemum (Flower) Extract, Policosanol (Sugar Cane Extract)					
Bios Vitamin Complex™					
Calcium Carbonate, Vitamin C (Ascorbic Acid), Chromium, Vitamin A (Beta-Carotene), 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, Vitamin B2 (Riboflavin)					

\*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: Orange Flavor, Orange Juice Powder, Maltodextrin, Citric Acid, Sucralose.

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# Balance

## FAQs



### 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 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.

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

Yes. Many people who use 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 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.

### 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.

**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. This product contains chromium, which may help maintain healthy blood sugar levels.\*