



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 support weight management and healthy blood sugar levels. This is especially true for soluble fiber. However, the prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in many of the foods we eat.

Balance is a pre-meal drink with a patented fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fibre matrix helps to promote healthy digestion and support the feeling of satiety. Balance contains important vitamins, minerals and soluble fibre to support weight management.

Balance: the smart solution to balanced nutrition

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*



Fiber supports a longer feeling of satiety



Fiber supports healthy, regular digestion



Phytosterols contribute to the maintenance of normal blood cholesterol levels**



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 who want to support normal blood glucose levels and healthy metabolism
- 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.

INGREDIENTS

BIOSPHERE FIBER PROPRIETARY FORMULA

Biosphere is a unique blend that includes five different sources of fiber. Fiber causes the blood sugar level to rise more slowly after eating and less insulin is released.

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. Phytosterols contribute to the maintenance of normal blood cholesterol levels.**

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.

STEVIA

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

EUROPE AND UNITED KINGDOM

ITEM 27160

Nutritional values

Serving size: 1 sachet of 7,25g Recommended daily amount: 2 sachets

	per 2 Sachet (2x 250 ml)		per 100ml	
Energy	40 kcal		8 kcal	
Protein	0 g		0 g	
Carbohydrates	10 g		2 g	
– of which sugar	0 g		0 g	
Fat	0 g		0 g	
– of which saturated fatty acids	0 g		0 g	
Fibers	8 g		1,6 g	
Sodium	0,05 g		0,01 g	
Vitamin A (from pro-vitamin A)	450 µg	56%*	90 µg	11%*
Vitamin B1	4,0 mg	364%*	0,8 mg	73%*
Vitamin B2	4,0 mg	286%*	0,8 mg	57%*
Vitamin B6	14,0 mg	560%*	2,8 mg	112%*
Folic acid	440 µg	220%*	88 µg	44%*
Niacin	52 mg	325%*	10 mg	65%*
Vitamin B12	50 µg	2000%*	10 µg	400%*
Vitamin C	90 mg	113%*	18 mg	23%*
Vitamin E	58 mg	483%*	11,6 mg	97%*
Biotin	40 µg	80%*	8 µg	16%*
Calcium	120 mg	15%*	24 mg	9%*
Zinc	4,66 mg	47%*	0,93 mg	9%*

* % of recommended daily allowance (RDA)

INGREDIENTS: Biosphere Fiber™ (Guar Gum, Gum Arabic, Locust Bean Gum, Citrus Pectin, Oat Fiber, Maltodextrin from corn, Beta Glucan), Unicity 7x™ (Proprietary blend of plant derived polysaccharides, Orange Juice Powder Flavor Blend, Food Acid: Citric Acid, Calcium Carbonate), Bios Cardio Matrix™ (Soy Concentrates, Sugar Beet Extract), Bios Vitamin Complex™ (Biotin, Calcium Carbonate, Folic Acid, Niacinamide, Beta Carotene, Thiamine HCl, Riboflavin, Pyridoxine HCl, Cyanocobalamin, Ascorbic Acid, D-alpha-Tocopheryl Acetate, Zinc Gluconate, Chromium Picolinate), Orange Juice Powder, Sweetener: Sucralose, Food Acid: Citric Acid.



SWITZERLAND, ITALY AND UNITED KINGDOM

ITEM 27436

Nutritional values

Average Nutritional Values per Sachet

	Per Sachet	
Energy	70 kJ - 20 kcal	
Protein	< 0,5 g	
Carbohydrates	3 g	
– of which sugar	0 g	
Fiber	3,5 g	
Sodium	0 010 g	
Vitamin A (from pro-vitamin A)	260 µg	32%*
Vitamin B1	1,75 mg	(159%*)
Vitamin B2	1,75 mg	(125%*)
Vitamin B6	1,75 mg	(125%*)
Vitamin B12	2 5 µg	(100%)
Niacin	20 mg	125%*
Folic Acid	220 µg	110%*
Vitamin C	45 mg	(56%*)
Vitamin E	13,7 mg	(114%)
Chromium	100 µg	250%

Portion size & recommended daily amount to consume

1 sachet of 7,25g

*% recommended daily intake

INGREDIENTS: Guar gum, orange flavour, thickener: hydroxypropylmethylcellulose, gum arabic, corn maltodextrin, locust bean gum, white bean extract, pectin, oat fibre, orange juice powder, acidifier: citric acid, ginseng flavour, calcium carbonate, L-ascorbic acid, beta-carotene, beta-glucon, sweetener: sucralose, alpha-tocopheryl acetate, niacinamide, zinc gluconate, folic acid, biotin, thiamine hydrochloride, pyridoxine hydrochloride, riboflavin, broccoli powder, sodium selenite, chromium chloride, cyanocobalamin.



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?

For effective digestion, the body needs numerous vitamins and minerals. The nutrients in Balance contribute to a balanced diet.

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.*

*Nutritional supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. These products are not intended to diagnose, treat, cure or prevent any disease. **The beneficial effect is obtained with a daily intake of at least 0,8 g of plant sterols/stanols.