



Most people know that fiber promotes digestive health. But in addition to helping digestion, fiber can also help lessen the impact excess carbohydrates and cholesterol can have in the body. Soluble fibers, in particular, help support important bodily functions such as maintaining healthy cholesterol and blood sugar levels. However, the prevalence of processed food and new techniques of modern agriculture have led to higher levels of sugar and lower levels of fiber in the food we consume.

Unicity Balance is a pre-meal drink that contains a patented fiber matrix that includes bioactive vegetable compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help relieve part of the impact that excess carbohydrates and cholesterol can have in the body. Balance is formulated to provide vitamins, minerals, and soluble fibers to help control appetite.

**UNICITY**

\*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.

Unicity Health México, S de R.L de C.V  
800.823.88.37 Unicity.com  
All rights reserved.



## BENEFITS



Helps control appetite between meals\*



Helps reduce the amount of cholesterol that is absorbed by the blood\*



Helps reduce the absorption of carbs by the body\*



Promotes healthy weight control\*



Supports the 4-4-12 eating pattern and other methods of intermittent fasting\*

## IDEAL FOR

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

## USAGE

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

For additional benefits, combine Unicity Balance with a 4-4-12 intermittent fasting: Do not eat anything for 4 hours between breakfast and lunch, wait 4 hours between lunch and dinner, and fast 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 and Matcha for a maximum boost of energy.

**UNICITY**

\*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.

Unicity Health México, S de R.L de C.V  
800.823.88.37 Unicity.com  
All rights reserved.





# BALANCE

## FAQs

### How does Balance work?

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

### Why are there vitamins and minerals in Balance?

The vitamins and minerals in Balance help maintain proper digestion and help the body enzymes to work efficiently.

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

Yes. Many people who use Balance realize they consume fewer snacks between meals and, if they take before eating something they crave, they feel better after.

### Who can take Balance?

We recommend Balance for adults who want to maintain good health. Pregnant women and children should consult with their doctor before taking Balance. As with any nutrition supplement, if you have questions, ask your doctor before use.

### Can I drink Balance with other Unicity fiber products?

Each person's tolerance to dietary fiber is different. When adding new sources of fiber in your diet, take it easy to avoid gastrointestinal discomfort.

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

It's always better to take Balance before a meal, but it's better to take it late than not at all. It will still have some effect on the food that was eaten.

### Can I take Balance with less water than the recommended amount?

Taking this product with less liquid than recommended can cause choking. Don't 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 quickly as others. This product can be taken with medications that are compatible with foods. This product contains chromium, which may help maintain healthy blood sugar levels.