



# LC BASE & UNIMATE FUEL



## Our bodies are designed to use both carbohydrate and fat for energy.

We call this ability to use these macronutrients for the body’s energy needs metabolic flexibility. However, modern food and lifestyle patterns lead to constantly-elevated levels of insulin in the bloodstream, essentially shutting off our access to stored fat as an alternative energy source.

For decades, Unicity has created science-based products to help us achieve better metabolic health. Using the latest advances in clinical research, Unicity has designed two groundbreaking products. When used in conjunction with the following simple principles, these products help your body return to a state of metabolic flexibility and better overall health.

## UNICITY NUTRITION PRINCIPLES



### Prioritize Protein

Protein is critical in building and maintaining healthy muscle and bone and many people don’t get enough. In addition to having little to no insulin response, adequate protein consumption also helps people feel fuller for longer and reduces the tendency to overeat.



### Fuel with Fat

Often, hunger and cravings sabotage the most well-intentioned health plans. In addition to having no insulin response, fat digests more slowly than carbohydrate and aids in satiety – helping you feel fuller, longer.



### Control Carbohydrates

By getting smart about which carbs you eat and when you eat them, you allow insulin levels to fall, which enable the body to burn stored fat.

## 4-4-12

Unicity recommends a form of intermittent fasting we refer to as 4-4-12. By waiting 4 to 6 hours between breakfast and lunch and lunch and dinner, and waiting 12-16 hours between dinner and breakfast with no snacking in between, we give our bodies the time needed to get into what we call the Fat Burning Zone.

**The Fat Burning Zone:** When insulin is low enough, your body enters the Fat Burning Zone. This means that it is able to use stored fat for energy, rather than carbohydrate. People who maximize their time in the Fat Burning Zone typically report a number of benefits including: reduced cravings for unhealthy foods, benefits to focus and concentration, increased mental and physical energy, improved appearance of skin, changes in body composition, and more.

## PRODUCTS

Unicity supplements LC Base and Unimate Fuel are designed to support Unicity Nutrition Principles and are key to activating metabolic flexibility and better overall health.

## DAILY USE

### BREAKFAST



WAIT AT LEAST  
**4 HRS**

### LUNCH



WAIT AT LEAST  
**4 HRS**

### DINNER



WAIT AT LEAST  
**12 HRS**



WAIT AT LEAST  
**4 HRS**



WAIT AT LEAST  
**4 HRS**



WAIT AT LEAST  
**12 HRS**



WAIT AT LEAST  
**4 HRS**



WAIT AT LEAST  
**4 HRS**



WAIT AT LEAST  
**12 HRS**

### NOTES



USE THIS ANYTIME to fend off cravings and re-energize between meals

For your meals choose food that follows Unicity Nutrition Principles:



PRIORITIZE PROTEIN



FUEL WITH FAT



CONTROL CARBS



## IDEAL FOR

- Those looking to improve metabolic health and manage body composition
- Adults concerned with maintaining lean muscle mass
- Active adults
- Adults interested in a low-carb high-fat (LCHF) or Ketogenic diet
- Adults looking for a convenient meal alternative that doesn't compromise quality or health

# LC BASE is a premium-quality meal replacement providing an ideal macronutrient ratio of healthy fat, muscle-building protein, and low carbohydrate.

Scientifically-designed to aid in activating your ability to burn fat for energy, LC Base offers a subtle vanilla flavor, perfect for layering with additional Ucity products. With more convenience and cost savings over a typical meal, LC Base takes the guesswork out of what to eat to achieve your goals and provides a solid foundation to build upon for nutritional success.

## Features

- Full meal-replacement
- Excellent source of high-quality protein: maximum possible PDCAAS value (1.0)
- 5.5g of BCAAs (Branched Chain Amino Acids) per serving
- Healthy fats from coconut oil and milk fat
- Convenient single-serving pouches
- Subtle flavor, perfect for layering with additional products

## Benefits

- Promotes a feeling of fullness/satiety\*
- Appropriate for a ketogenic / low-carbohydrate diet
- Aids in compliance with following the 4-4-12 eating pattern or other intermittent fasting protocol
- Aids in the absorption of fat-soluble nutrients
- Supports weight management efforts in conjunction with diet and exercise\*



## USE

**Directions:** Mix one pouch with 12 oz (360 ml) of water. For a thinner consistency, add more water. Replace 1 or 2 meals per day as desired.



# INGREDIENTS

**Whey Protein Concentrate with maximum possible PDCAAS value (1.0) containing:**

—**Dairy Phospholipids** – Healthy milk fats, known to have a wide range of beneficial health effects primarily supporting cognitive function, and fatty acids like rumenic acid, a biologically-active form of CLA (conjugated linoleic acid).

—**BCAAs (Branched Chain Amino Acids)** – Group of three essential amino acids (leucine, isoleucine, and valine) that support healthy muscle function in the body and can only be obtained through diet.

**Coconut Creamer** – Lauric acid, the main fatty acid found in coconut oil, is known to help support healthy cholesterol levels and to have antioxidant properties. Coconut oil also contains MCTs (medium chain triglycerides) known to be quickly digested and converted to energy.

**Pink Himalayan Salt** – Rich in sodium chloride and containing trace minerals like potassium, magnesium, and calcium. Supports hydration, muscle, and nerve function in the body.

## LC Base

### Nutrition Facts

30 servings per container

**Serving size** 1 pouch (65g)

**Amount per serving**  
**Calories** **360**

% Daily Value\*

**Total Fat** 24g 31%

Saturated Fat 18g 90%

Trans Fat 0g

**Cholesterol** 300mg 100%

**Sodium** 200mg 9%

**Total Carbohydrates** 8g 3%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 27g

Not a significant source of Vitamin D, Calcium, Iron or Potassium.

\*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Whey Protein Concentrate, Coconut Creamer (Coconut Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide), Natural Flavors, Pink Himalayan Salt, Stevia.

**CONTAINS:** Milk, Soy

**CAUTION/NOTES:** Not recommended for children, pregnant or nursing women.

LC Base is designed to be used with the aforementioned Unicity Nutrition Principles. For best results, accompany with an exercise program.

If diabetic, pregnant, lactating, taking medication, or under a physician's care, consult your physician before use.

# Unimate Fuel combines a potent yerba mate extract with MCT-rich fats from coconut oil to provide an energy boost for both body and mind.\*

With chlorogenic acids from yerba mate, Unimate Fuel is a great way to start your day or fend off cravings and re-energize between meals.

## Features

- High-quality yerba mate, purified and concentrated to enhance efficacy, containing naturally occurring:
  - Chlorogenic acids
  - Theobromine
  - Mate saponins
  - Antioxidants
  - Caffeine
- Appropriate for a ketogenic / low carbohydrate diet
- Convenient single-serving sachets
- Delicious salted caramel flavor

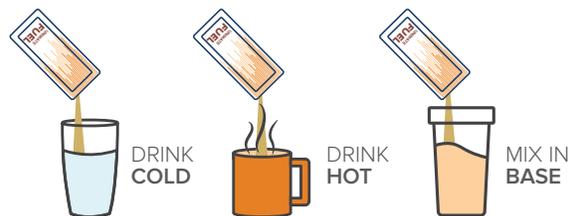


## Benefits

- Promotes a feeling of fullness/satiety\*
- Supports weight-management efforts in conjunction with diet and exercise\*
- Supports compliance with intermittent fasting or 4-4-12 eating pattern
- Supports overall metabolic health\*

## USE

**Directions:** Mix one sachet Unimate Fuel with 10-12 oz. (300-350 ml) of hot or cold water. Use once or twice per day to support energy levels and aid in satiety.\*



# INGREDIENTS

**Proprietary yerba mate extract** – The yerba mate in Unimate Fuel is uniquely powerful thanks to a unique five-step patented process. Beginning with handpicking and fire-roasting and followed by the extraction of active biological molecules, concentration, and purification.



1 Handpicking > 2 Fire-Roasting > 3 Extraction > 4 Concentration > 5 Purification

**Coconut creamer** – Lauric acid, the main fatty acid found in coconut oil, is known to help support healthy cholesterol levels and to have antioxidant properties. Coconut oil also contains MCTs (medium chain triglycerides) known to be quickly digested and converted to energy.

Yerba mate contains naturally occurring:

—**Chlorogenic acids** – Chlorogenic acids are a family of polyphenol compounds found in plants like yerba mate, green coffee beans, and tea. They have important biological effects in the body, supporting normal healthy brain function and promoting improved mood.

—**Mate saponins** - Mate saponins are a class of molecules that are specific to the yerba mate plant. Mate saponins support metabolic flexibility.

—**Theobromine** - Theobromine is a molecule that is similar in structure to caffeine. It is perhaps best known as the mood-boosting molecule found in high-quality chocolate. Theobromine promotes feelings of calm, improves focus and reduces mental fatigue.



NO ADDED SUGAR



KETO FRIENDLY



GLUTEN-FREE

## Unimate Fuel Salted Caramel

### Supplement Facts

Serving Size 1 packet (13.8 g)  
Servings Per Container 30 packets

Amount Per Packet	% DV*
<b>Calories</b> 90	
<b>Total Fat</b> 8g	10%
Saturated Fat 6g	30%
Trans Fat 0g	0%
<b>Sodium</b> 520mg	23%
<b>Carbohydrates</b> 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g of added sugar	0%
Coconut Creamer Blend 10g (Coconut Oil, Soluble Corn Fiber, Sodium Caseinate, Sunflower Lecithin, Silicon Dioxide)	†
UniMate (Green Mate Leaf Extract) Powder 2g	†

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

**OTHER INGREDIENTS:** Salt, Natural Flavors, Stevia Extract.

**CONTAINS:** Milk and tree nuts.

**WARNING:** If diabetic, pregnant, lactating, taking medication, or under a physician's care, consult your physician before use.

Not recommended for children, pregnant or nursing women, or people sensitive to caffeine.

## BOOST YOUR BASE



### Bios 7

Bios 7 is a proven metabolic health product to keep your body, your gut and your wellness in balance.

### Unicity Matcha

Unicity Matcha is a finely powdered green tea that gives your body the healthy boost it needs to increase your metabolism and physical energy.

### Unimate

With a nutrient-rich bioactive ingredient blend, Unimate offers a daily source for peace, productivity, and happiness.

### Unicity Balance

Balance combines four methods of improving and maintaining healthy cholesterol levels.

### Neigene Collagen

Beauty is more than skin deep, which is why Collagen Plus was designed to go beyond the surface and work from the inside out.

### Unimate Fuel

With a nutrient-rich bioactive ingredient blend, Unimate offers a daily source for peace, productivity, and happiness.

### Enjuvinate

Enjuvinate has been formulated to help you achieve quality sleep, and effective exercise—for a more youthful life.

**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.

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# LC BASE & UNIMATE FUEL

## Frequently Asked Questions

How is LC Base different from Complete or Quadplex?



**Protein Source**

High-fat, low-carb whey concentrate

Whey + Casein + Soy

Whey

**Macronutrient Breakdown**

27 g protein, 24 g fat, 4 net carbs

20 g protein, 4 net carbs, 4 g fiber, 4 g fat

25 g protein, 5 net carbs, 2.5 g fat

**Vitamin/Mineral Profile**

Full spectrum vitamin and mineral blend. (Korea Only)

Full spectrum vitamin and mineral blend.

Vitamins and minerals associated with athletic performance support.

**Primary Use**

Promote metabolic flexibility

Low-calorie meal-replacement

Athletic performance support

**Other**

Ideal for adding other Unicity products. Contains healthy fats from coconut oil

Vegan option available

Contains a probiotic – aiding in protein absorption.

**How is Unimate Fuel different from Unimate?**

Unimate Fuel is combined with healthy fats from MCT oil to provide an added energy boost for both body and mind.

**Can I take Unimate Fuel with Unicity Matcha?**

Yes, you can use both products at the same time or separately. Both do contain caffeine so sensitive individuals may wish not to drink these products together or before sleep.

**How much caffeine does each serving of Unimate Fuel contain?**

The amount of caffeine is not standardized in our yerba mate. Natural ingredients do have some variation. The product is tested for an upper limit and will have about as much caffeine as a cup of premium coffee.

### **Why does LC Base contain so much fat?**

In addition to having no insulin response, fat digests more slowly than carbohydrate and aids in satiety – helping you feel fuller, longer. Research shows that by consuming healthy fats the body is trained to better utilize fat for energy rather than glucose, becoming more metabolically flexible. Fat is a macronutrient that is essential for overall health, as well as a major source of energy. Fat helps the body absorb certain vitamins and minerals needed for a healthier body.

### **Are these products suitable for use on a ketogenic or similar diet?**

Yes. Because these products were formulated to be low in carbohydrates, you can feel confident in adding them to your diet plan (4 g net carbs in LC Base, 2 g net carbs in Unimate Fuel).

### **Is LC Base a “meal replacement?”**

C Base can be used as a replacement for a meal though it may not be called a “meal replacement” on the package. We encourage a balanced nutritional profile including adding a Unicity product containing a full vitamin and mineral profile or a multivitamin like Core Health.

### **Do I need to make dietary changes if I use these products?**

These products are specifically formulated for use with our Unicity Nutrition Principles: Prioritize Protein, Fuel with Fat, Control Carbohydrates, and follow the 4-4-12 guideline for eating.

### **Do I have to count calories or have a strict macronutrient tracking system to be successful?**

The simple answer is no. It is important to note that calories are not inconsequential. If you increase your fat intake without making any adjustment to carbohydrate intake or increase your fat intake too drastically, it is possible that you won't achieve the goal of accessing stored fat for fuel. As long as you are not overeating, and follow the Unicity Nutrition Principles to prioritize protein, fuel with fat and control carbohydrate you will likely find the need to count calories unnecessary.

### **What if I'm pregnant or breastfeeding?**

We advise pregnant or breastfeeding women to consult with their doctor concerning all nutrition matters, especially when making dietary changes.



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