

# UNICITY BALANCE CHOLESTEROL



Everyone knows the virtues of having a balanced life, but actually living one can be difficult. Juggling demands from family, friends, work, play, and all the many surprises life holds can make it difficult to find any kind of equilibrium. Fortunately, when it comes to balancing your body, Balance can help.

hunger so that you don't need to go from feeling famished to accidentally overeating. It can also help your body regulate the food you're consuming; no more spikes of glucose and insulin! With Balance you'll be on track to burn fat and feel better.

Many of us struggle with feeling off-kilter when it comes to eating. With Balance, you can avoid extremes. Balance can curb your

## BENEFITS

Slows digestion to reduce hunger and prevent spiking blood sugar levels\*

Supports healthy cholesterol levels with dietary fiber\*

Helps the body turn more glucose into energy instead of fat\*

## SUGGESTED USE

Simply mix one sachet of Balance with 8 oz. of water and drink it 10-15 minutes prior to your meal.

Balance should be taken before a meal twice a day.

For the best results, limit your carbs and stick to the 4-4-12 rule. The 4-4-12 rule spaces your meals and allows for fat-burning intervals in between.

## AUDIENCE

Primary Target: Individuals who want to take control of and manage their health.

## Supplement Facts

Serving Size 1 Packet (7.25 g) Servings Per Container 60

Amount Per Serving % Daily Value\*  
Calories 15

Total Carbohydrate	5 g	2%
Dietary Fiber	4 g	16%
Soluble Fiber	4 g	†
Other Carbohydrates	1 g	†
Vitamin A (100% as Beta-Carotene)	750 IU	15%
Vitamin C	45 mg	75%
Thiamin	2 mg	134%
Niacin	26 mg	130%
Folic Acid	220 µg	55%
Biotin	20 µg	7%
Zinc	2.33 mg	16%
Vitamin E	20 IU	67%
Riboflavin	2 mg	118%
Vitamin B-6	7 mg	350%
Vitamin B-12	25 µg	417%
Calcium	60 mg	6%
Chromium	100 µg	84%

**Biosphere Fiber™** 3822.1 mg †  
Guar Gum, Gum Arabic, Locust Bean Gum, Maltodextrin, Citrus Pectin, Oat Fiber, Beta Glucan

**Unicity 7x™** 1700.0 mg †  
Proprietary Blend of Plant Derived Polysaccharides, Natural & Artificial Flavors, Citric Acid, Calcium Carbonate

**Bios Cardio Matrix™** 1018.5 mg †  
Phytosterols, Chrysanthemum Morifolium (Flower Bud), Policosanol (Sugar Cane Extract)

**Bios Vitamin Complex™** 350.0 mg †  
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 Juice Powder, Citric Acid, Sucralose.

# UNIMATE

Energy | Performance | Attitude  
Elevated



Some days you feel on top of the world—you get things done and you feel great doing them. Unimate helps you have more days like that.

Developed from high-quality yerba mate leaves harvested and subjected to a patented 5-step process, Unimate contains up to 375 times more chlorogenic acids than other commercially available yerba mate drinks. With benefits that energize, boost athletic performance, and mood, the result is an all-around elevated quality of life.

## FEATURES

- High quality yerba mate, purified to enhance efficacy
- Rich source of:
  - Chlorogenic acids
  - Theobromine
  - Mate saponins
  - Antioxidants
- Convenient single serving sachets
- Informed-Choice certified



## BENEFITS



Supports feelings of well-being and relaxation\*



Supports healthy cognitive processes\*



Helps to maintain endurance and stamina\*



Promotes satiety\*



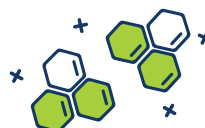
Supports weight management efforts\*



Supports healthy cholesterol\*



Promotes healthy digestion\*



Promotes the body's natural production of ketones\*



Supports overall metabolic health\*

# IDEAL FOR

## Entrepreneurs, business people, parents:

Wherever life and work are happening, Unimate provides just the right amount of support to nail that afternoon presentation or finish all the household tasks and still help the kiddos with that project they just conveniently remembered was due tomorrow.

## Athletes:

Provides stamina and performance benefits to get the most out of you. Whether working out or enjoying your favorite sport activity, Unimate helps you feel capable of accomplishing it all.

## College Students:

Supports focus, concentration and motivation for successful habits and busy social lives.

## USE

Mix one packet with 14-16 oz. of water.

Use once daily or as desired.

Drink with hot or cold water or try one of these customer favorite options.



## RECIPES



Prepare your Unimate hot and stir with a cinnamon stick

Try adding a tablespoon of coconut oil to your Unimate



Add a tablespoon of Complete powder and Unimate becomes an even healthier, sweet treat

Try adding some lemon to your Unimate



Looking for an extra kick? A Matcha–Unimate combination should do the trick

## WHEN TO DRINK



Before working out



In the morning as an alternative to coffee



As an in-between meal snack



Before an important meeting, test, or presentation when you want to feel your sharpest

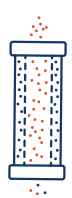


To combat afternoon brain fog or any time you're mentally tired

**PRO TIP:** Practicing intermittent fasting or adhering to Unicity's recommended 4-4-12 method? Drinking Unimate won't break your fast or disrupt benefits of the 4-4-12.

## SCIENCE

Unimate is uniquely powerful thanks to a unique 5-step patented process. Beginning with handpicking and fire-roasting and followed by the extraction of active biological molecules, concentration and purification, this process results in up to 375 times more chlorogenic acids than other commercially available yerba mate drinks.



1 HANDPICKING > 2 FIRE-ROASTED > 3 EXTRACTION > 4 CONCENTRATION > 5 PURIFICATION

## INGREDIENTS

Proprietary Yerba Mate Extract: Yerba mate is an herb traditionally used in a tea-like beverage that is consumed socially in South America. It is known to produce a calming effect while at the same time increasing energy and focus. The proprietary extract in Unimate amplifies these and other effects to create the totally unique Unimate experience. Yerba mate is a natural source of:

**Chlorogenic acids** - Promotes neuroprotective gene expression and has an antioxidant effect in the brain (JNK3, P38, NQO1). Promotes feelings of well-being. Supports healthy blood pressure and glucose levels. Promotes weight loss.

**Mate saponins** - Supports healthy triglycerides and the body's ability to burn fat.

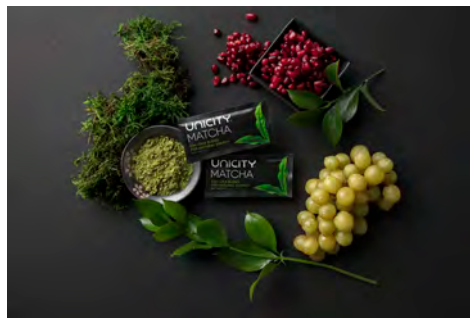
**Theobromine** - Supports healthy blood pressure and cholesterol levels, promotes feeling of calm, reduced mental fatigue, and improves focus.

## GOES GREAT WITH



### 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.



### LC Base

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

### Supplement Facts

Serving Size 1 packet (4.45 g)  
Servings Per Container 30 packets

	Amount Per Serving	% DV
UniMate (Green Mate Leaf Extract) Powder	3 g	†

† Percent Daily Value not established.

### PLEASE NOTE

More than the recommended use should not be taken. Not suitable for pregnant or nursing women, children or people sensitive to caffeine. Do not use if contents are damaged. Store out of reach of children and in a cool, dry place.

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.com  
Customer Service: 1-800-864-2489  
© 2019 Unicity International, Inc. All Rights Reserved.





# UNIMATE FAQ

## How much caffeine does each serving of Unimate contain?

Since natural ingredients can have some variation the amount of caffeine is not standardized. The product is tested for an upper limit and will have about as much as a cup of premium coffee.

## Can I take Unimate 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 together or before sleep.

## How is this product different from Unicity Matcha?

Sometimes we focus on Unicity Matcha as energy for the body and Unimate as more of a mental energy. Matcha increases the amount of energy (ATP) that is produced resulting in more cellular energy. Unimate promotes improved mood, sense of well being and a feeling like you can accomplish anything. However, since Unimate also enhances ketone production, there are a number of benefits that come from using ketones for energy as well.

## Why is this product not for use by pregnant or nursing women? Can kids use Unimate?

Unicity does not test products on children, or pregnant or nursing women, and therefore can not recommend use for these demographics.

## What are 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 that range from supporting healthy blood pressure to supporting healthy brain function and promoting improved mood. Unimate contains up to 375 times more chlorogenic acids than standard yerba mate.

## What is 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. Unimate has 3 times the amount of Theobromine as compared to the highest quality dark chocolate.

## What are Mate saponins?

Mate saponins are a class of molecules called saponins that are specific to the yerba mate plant. Mate saponins have been shown to have important biological effects particularly in the realm of weight loss and supporting the body's ability to burn fat.

## What is Informed-Sport certified?

Informed-Sport is an independent certification program that tests dietary supplements for substances commonly banned from use for athletes and confirms they've been manufactured under high-quality standards. Not only are the products tested, but the manufacturing facilities are also assessed to ensure that the risk of cross-contamination is limited. For more information, see [informed-sport.com](http://informed-sport.com).

## Is this product suitable for use on a ketogenic or similar diet?

Unimate is ideal for keto or low carb diets because it helps make our bodies more efficient at producing ketones, the body's quick energy source from fat. Unimate prevents that tired, empty, listless feeling that comes when we haven't had enough to eat because it helps our bodies use stored fat for energy to keep us going.

**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.com  
Customer Service: 1-800-864-2489  
© 2019 Unicity International, Inc. All Rights Reserved.