

UNICITY

Balance

The smart solution to
balanced nutrition

Natural Orange Flavor



Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help lessen the impact excess dietary carbohydrates and cholesterol can have on the body. Soluble fibers, in particular, help support important bodily functions, like helping to 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 proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help ease some of the impact excess dietary carbohydrates and cholesterol can have on the body. **Balance is also formulated to provide essential vitamins, minerals, and soluble fibers to help curb your appetite.**

Features



Biosphere Fiber:

A proprietary blend of five soluble fibers



Unicity 7x:

A specialized blend of plant-derived polysaccharides and Gum Arabic



Bios Cardio Matrix:

A blend of plant extracts and phytosterols



Bios Vitamin Complex:

A unique blend of vitamins and minerals



Convenient single-serving packets



Naturally flavored



Naturally sweetened with stevia extract

Benefits

- Helps curb appetite between meals*
- Aids in reducing the amount of dietary 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 time-based eating and other intermittent fasting methods

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Try this

- Mix Balance with *Oasis* for added skin health benefits in your daily routine.
- Mix Balance with *Chlorophyll Powder* for added antioxidant and phytonutrient benefits.

Use

- For best results, take 1–2 times daily, right before meals. Vigorously mix each stick pack with 240–300mL of water and drink immediately.
- For added benefits, combine *Balance* with a form of intermittent fasting like 16:8.

Ideal for

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

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Ingredients

Biosphere Fiber Proprietary Formula®: Biosphere is a unique blend that includes five different sources of fiber. These 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-Glucan

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 consistency 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 dietary cholesterol.

Ingredients: Phytosterols, Policosanol (Sugar Cane Extract)

Bios Vitamin Complex™: The Bios Vitamin Complex is a unique blend that supports healthy metabolism. This 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), Biotin, Riboflavin

SUPPLEMENT FACTS

Serving Size 1 Packet (7.25 g) Servings Per Container 30

Amount Per Stick Pack			
Calories		15 kcal	
Total Fat		5 g	
Total Carbohydrate		4 g	
Dietary Fiber		4 g	
Total Sugars		0 g	
Includes <1g of added sugar			
Vitamin A (100% as Beta-Carotene)	104 mcg RAE	Folic Acid	367 mcg DFE
Vitamin C (as Ascorbic Acid)	45 mg	Vitamin B12	25 mcg
Vitamin E (as D-alpha Tocopheryl Acetate)	13 mg α-TE	Biotin	20 mcg
Thiamin	2 mg	Calcium (as Calcium Carbonate)	60 mg
Riboflavin	2 mg	Zinc (as Zinc Gluconate)	2.3 mg
Niacin (as Niacinamide)	26 mg	Chromium	100 mcg
Vitamin B6 (as Pyridoxine HCL)	7 mg		
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, Policosanol (Sugar Cane Extract)			

OTHER INGREDIENTS: Natural Flavors, Resistant Maltodextrin, Orange Juice Powder, Citric Acid, Stevia Extract (Rebaudioside A>75%, Steviol Glycosides>95%).

Designed for health

Today, we face a health crisis unlike any the world has ever seen. Despite scientific advancements in medicine and health care, people are unhealthier than ever. The good news is that this pervasive global health decline is completely reversible. As The Health Intervention Company, Unicity is committed to combating today’s health crisis by developing products that are obsessively backed by science, rigorously tested, and masterfully produced—all to help millions around the world live better lives.



Balance

FAQs

How does Balance work?

Balance includes viscous soluble fiber. This type of fiber forms a thick gel when combined with water and as it moves through the digestive tract. The gel-like consistency 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. However, you will get the most benefit from using Balance before a meal, as it can help with dietary cholesterol and carbohydrate absorption from your food.

Who can take Balance?

We recommend Balance for adults who want to maintain good digestive and metabolic 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.

I understand increasing fiber can impact my system. Will I experience bloating or any discomfort?

Introducing fiber (Balance) can increase gas or bloating in some people. This is a normal reaction as your body begins to acclimate to the increased daily fiber intake. The effects should diminish after 2–3 weeks. If you're very uncomfortable, consider halving the portion of Balance you take before each meal for 3–7 days.

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

Balance is designed to be taken before your meal, but it would be better to take it late rather than not at all. The soluble dietary fibers in Balance will still support your digestive health.

Can I take this product with less than the recommended amount of water?

One serving of Balance should be mixed in 240–300 mL of water. Taking this product without the recommended amount of liquid may cause choking. Do not use this product if you have difficulty swallowing.

What if I experience heartburn while using Balance?

If you are experiencing heartburn with Balance, try reducing the size of your meals, eating more slowly to allow your body ample time to digest, or starting with a half serving while your body adjusts. These can help reduce bloating and reduce pressure on your stomach.