

UNICITY Balance



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.
- Bios Cardio Matrix: A blend of plant extracts and phytosterols.
- Vitamin B Complex: A unique blend of vitamins and minerals.
- Convenient, on-the-go, single-serving stick packs.
- Subtle citrus flavor.

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



Use

For best results, take 1-2 times daily, before or with meals. Vigorously mix one sachet with 250 - 300 ml of water and drink immediately.

Ideal For

Adults wanting to increase their fiber intake.

Individuals interested in maintaining healthy blood sugar and cholesterol levels.

Those looking to support their weight-management efforts.

Try this



Mix Balance with Super Chlorophyll Plus for added antioxidant and phytonutrient benefits.



Ingredients

Biosphere Fiber

A patented blend of five highly soluble fibers combined with mineral carbonate, which quickly forms a fiber matrix in the digestive tract that helps generate a sense of fullness. It traps cholesterol and prevents its reabsorption, and aids in inch loss. The fiber in this helps to block the reabsorption of cholesterol from the intestine.

Unicity 7X

A proprietary blend of polysaccharides that helps to curb hunger and provides a sense of fullness. This helps to reduce caloric intake and subsequently leads to inch loss.

Bios Cardio Matrix

Plant sterols in this assist to block the absorption of bad cholesterol from food. Policosanol found in the matrix reduces cholesterol production by the liver. Cinnamon verum extract, the third element in this, enhances the enzymatic breakdown and helps remove LDL (bad cholesterol) from the body.

Vitamin B Complex

It is required by the body to facilitate energy production. B-Vitamins have also been found to reduce homocysteine, an independent risk factor for cardiovascular diseases.

Nutritional Information (approx.)

	Per 100 g	Per serve (7.25 g)	% RDA as per ICMR (per serve)
Energy*	386.21 kcal	28.00 kcal	1.40
Protein	0.00 g	0.00 g	0.00
Carbohydrate	68.97 g	5.00 g	#
Total Sugars	31.17 g	2.26 g	#
Added Sugars*	0.00 g	0.00 g	0.00
Dietary Fiber	55.17 g	4.00 g	16.00
Soluble Fiber	41.38 g	3.00 g	#
Insoluble Fiber	13.79 g	1.00 g	#
Total Fat*	0.00 g	0.00 g	0.00
Saturated Fat*	0.00 g	0.00 g	0.00
Trans Fat*	0.00 g	0.00 g	0.00
Cholesterol	0.00 mg	0.00 mg	#
Sodium*	86.07 mg	6.24 mg	0.31
Vitamins			
Provitamin A	6206.90 mcg	450.00 mcg	#
Vitamin C	262.07 mg	19.00 mg	29.23
Vitamin B3	117.24 mg NE	8.50 mg NE	77.27
Vitamin E	68.97 mg	5.00 mg	50.00
Vitamin B6	12.41 mg	0.90 mg	47.37
Vitamin B2	10.34 mg	0.75 mg	39.47
Vitamin B1	8.97 mg	0.65 mg	46.43
Folic Acid	1310.34 mcg	95.00 mcg	73.41
Biotin	275.86 mcg	20.00 mcg	50.00
Vitamin B12	6.21 mcg	0.45 mcg	20.45
Minerals			
Calcium	827.59 mg	60.00 mg	6.00
Zinc	32.14 mg	2.33 mg	17.65
Chromium	220.69 mcg	16.00 mcg	32.00
Plant Sterol	5517.24 mg	400.00 mg	#
<i>Cinnamomum verum</i>			
bark extract	172.41 mg	12.50 mg	#
β-glucan	5517.24 mg	400.00 mg	#

Appropriate overages of Vitamins added to compensate loss on storage.

%RDA not expressed.

%RDA established as per ICMR, 2020 for sedentary work women.

*%RDA calculated based on 2000 kcal diet for adults.

Other Ingredients: Thickeners (Guar Gum (INS 412), Hydroxypropylmethyl Cellulose (INS 464)), Natural and Artificial Orange Flavor, Thickener (Gum Arabic (INS 414)), Diluent (Maltodextrin), Thickener (Carob Bean Gum (INS 410)), Plant Sterol** (Sunflower), Citrus Pectin, Avena sativa (Oat Fiber), Orange Juice Powder, Acidity regulator (Citric Acid (INS 330)), Calcium Carbonate, Beta-Carotene**, Sweetener (Sucralose (INS 955)), β-glucan, L-ascorbic Acid, Zinc Gluconate**, Cinnamomum verum bark Extract** (Cinnamon), D-alpha tocopheryl acetate**, Nicotinamide, Policosanol**, Riboflavin 5'-phosphate sodium, Pyridoxine hydrochloride, Thiamine hydrochloride, n-pteroyl-L-glutamic acid, Cyanocobalamin, Chromium Chloride**, D-Biotin.

**Contains Ingredients Imported from the USA.

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.

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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 Slim 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 250 - 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.

The Health Intervention Company™ - Unicity provides education, support, and designs nutritional products for convenient, healthy living, to address the global decline in metabolic health.

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*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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