

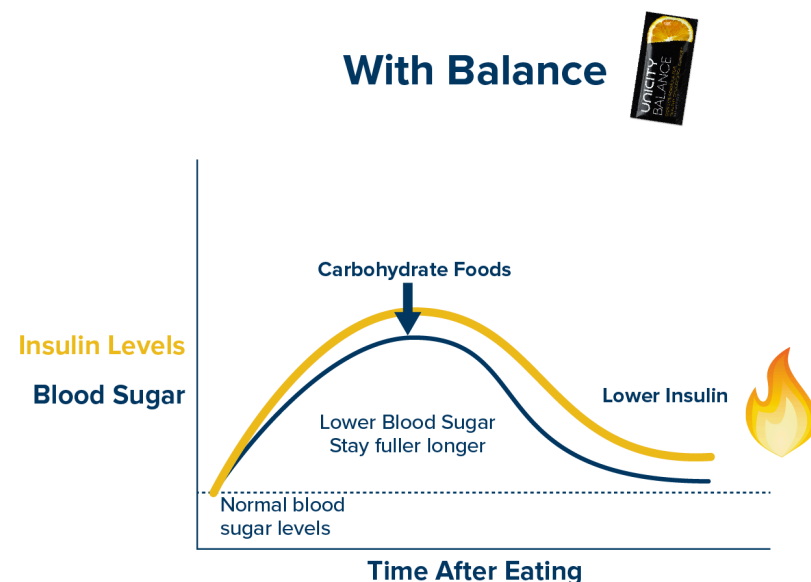
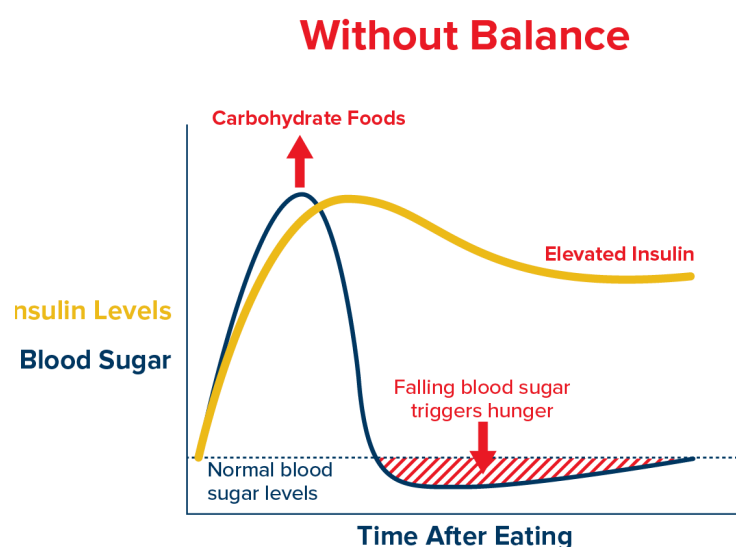
# UNICITY BALANCE

A simple and easy way to control carbs, add fiber and nutrients into your diet consistently



## Why People Love It?

- Suppresses hunger and cravings\*
- Helps control carbs (promotes healthy blood sugar and insulin levels)\*
- Reduces appetite\*
- Promotes healthy gut microbiome\*
- Easy to use. Tastes delicious\*
- No crash after meals\*
- Promotes healthy cholesterol and triglycerides\*



## How To Use It:



Mix sachet in 250ml (8.5oz) of **cold** water



Shake 4-5 times. Drink Immediately.  
If you over shake, it will be too thick to drink

### TIMING



Wait ~10 mins,  
then eat

\*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.

## Why is Fiber Important?

There are two types of fiber: soluble and insoluble. While insoluble fiber promotes regularity, certain *soluble fibers are able to interact with water, forming a gel-like matrix promoting healthy glucose levels, lipid levels and healthy gut microbiome.*

## How is Balance (Bios Life) different?

**Balance is more than just fiber.** Unlike single source fibers such as Metamucil, Benefiber, or even a cereal such as Cheerios, Bios Life products contain several types of soluble fiber which can be very difficult to get in the modern diet.

Balance is a unique combination of 4 patented complexes comprised of fibers, plant molecules, vitamins and minerals designed to enhance our metabolic function in 5 ways.



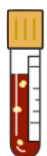
### 1. Balances Blood Sugar Levels

**The Biosphere Fiber** moderates blood glucose and insulin levels by modifying the glycemic index of the food. This delays the breakdown of food into glucose; spreading glucose absorption over a longer period of time. Combined with **7x technology** and the **Bios Vitamin Complex**, together they work synergistically to further reduce glucose and insulin spikes from meals.



### 2. Reduces Appetite and Restores Leptin Signalling

**Unicity 7x** technology promotes leptin signalling and causes the fiber matrix to expand in the stomach producing a sense of fullness. This allows for natural portion control further helping you burn your stored fat for energy.



### 3. Healthy Cholesterol Levels

**Biosphere Fiber** helps the body lower total cholesterol and LDL cholesterol. Soluble fibers bind to bile acids in the small intestine and is then passed out of the intestine with other waste products. Since the bile acid is removed, the liver must then take in more cholesterol to synthesize more bile acid, which leads to a reduction in serum cholesterol.



### 4. Increases Fat Burning (Lipolysis)

Insulin and LDL are both inhibitors of fat burning and are both reduced when using Balance consistency. When Insulin is low, your body's fat cells begin to release free fatty acids as a source of energy. As your body uses up the stored free fatty acids, your fat cells get smaller, which is seen as a reduction in body size.



### 5. Lower Triglycerides

Balance lowers blood fat levels, known as triglycerides. Studies have shown triglycerides inhibit leptin from crossing the blood brain barrier, preventing the signal from ever reaching the brain. By reducing triglyceride levels, we are enabling leptin to cross into the brain; facilitating in improved metabolic health.

## Ingredient Summary:

**Biosphere Fiber** is a patented blend of 5 different highly soluble fibers that are able to curb cravings, improve lipid levels, lower glucose/insulin levels and increase fat burning.

**Unicity 7X** - A patented blend of plant-derived polysaccharides and calcium carbonate. This allows the fiber matrix to expand, increasing its effect in glucose/insulin control and creating a feeling of fullness. Studies have shown that consuming these plant-derived polysaccharides restore's the brain's sensitivity to Leptin—a hunger hormone that promotes a fullness feeling. Leptin resistance, in which your body does not respond to this hormone, is now believed to be the leading driver of fat gain in humans (3)

**Bios Cardio Matrix** - A proprietary blend of plants that improve cholesterol levels and reduces LDL oxidation.

**Bios Vitamin Complex** - Required by the body for energy production. additionally, B vitamins have been found to lower homocysteine levels, an independent risk factor for cardiovascular disease.\*

# INGREDIENTS

## BIOSPHERE FIBER PROPRIETARY FORMULA

Biosphere is a unique blend that includes five different sources of fiber. The 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-Glucans

## 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 substance 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 cholesterol from the digestive process.

**Ingredients:** Phytosterols, Chrysanthemum (Flower) Extract, Policosanol (Sugar Cane Extract)

## BIOS VITAMIN COMPLEX™

The Bios Vitamin Complex is a unique blend that supports healthy metabolism. The 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 HCL), Biotin, Vitamin B2 (Riboflavin)

## ORANGE JUICE POWDER

Orange juice powder provides the distinct flavor for Unicity Balance.

Supplement Facts									
Serving Size 1 Packet (7.25 g)					Servings Per Container 60				
Amount Per Serving					% Daily Value*				
Calories 15									
Total Carbohydrate					5g	2%			
Dietary Fiber					3g	16%			
Soluble Fiber					3g	+			
Other Carbohydrate					0g	+			
Includes 0g of added sugar						0%			
Vitamin A	104 mcg RAE	10%	.	Folic Acid	367 mcg DFE	90%			
(100% as Beta-Carotene)									
Vitamin C	45 mg	50%	.	Vitamin B12	25 mcg	1040%			
(as Ascorbic Acid)					(as Cyanocobalamin)				
Vitamin E	30 mg a-TE	200%	.	Biotin	20 mcg	70%			
(as D-alpha Tocopheryl Acetate)									
Thiamin	2 mg	170%	.	Calcium	60 mg	4%			
					(as Calcium Carbonate)				
Riboflavin	2 mg	150%	.	Zinc	2.3 mg	20%			
					(as Zinc Gluconate)				
Niacin	26 mg	160%	.	Chromium	100 mcg	290%			
(as Niacinamide)									
Vitamin B6	7 mg	410%							
(as Pyridoxine HCL)									
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, Chrysanthemum (Flower) Extract, Policosanol (Sugar Cane Extract)									
Bios Vitamin Complex™									
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 Flavor, Orange Juice Powder, Maltodextrin, Citric Acid, Sucralose.

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## Frequently Asked Questions

### Q: What if I just increase my fiber intake with food?

Consuming a diet high in fiber is ideal, but can be expensive, inconvenient, and often comes with a high-calorie and high carbohydrate count. Food processing tends to eliminate a lot of beneficial fiber from food, and, as a result, many people don't get enough fiber in their diets. With our unique blend of soluble and insoluble fiber, you will receive benefits that support healthy cholesterol levels, a healthy digestive system, and a curbed appetite. In addition, you will receive vitamins and minerals that are not present in normal dietary fiber. Following the guidelines and supplementing at least twice daily with Balance helps you meet your fiber needs consistently and easily\*

If you were to try to get enough soluble fibers daily as recommended through diet alone, you will need to eat, 3/4 cup of oatmeal, 3/4 cup of lentils, 1/2 cup of yams, 1 cup of carrots, and 1 apple to get 13g of soluble fiber. Second, we have to consider how consistently we can eat this whole food daily, and how often. However, the total carbohydrate intake from consuming these foods daily, totals to 140g. Also, many of these considerable low GI foods containing soluble fiber found in these starchy vegetables are known to raise high blood sugar and triglycerides considerably (11). In addition, consuming these starchy high carbohydrate foods don't have protein and healthy fats essential for satiating benefits.

### Q: How is Balance different from Metamucil or other over the counter fiber products?

Bios Life Balance and Metamucil are both fiber supplements however, Bios Life Balance is more effective. The additional cost of Bios Life compared to an over the counter Metamucil is in the patented formula that combines a specific amount of guar gum with a mineral carbonate. Thus, inside your body, this combination reaches a maximal dispersion as opposed to remaining in a "glob," so to speak. The dispersion in your stomach increases the surface area of the fiber that can interact with the bile salts that your body produces during digestion and, therefore, it effectively helps eliminate more cholesterol and controls blood sugar better in the body. No other product on the market uses this patented mechanism.

Unlike single source fibers such as Metamucil, or even cereals such as All Bran, **Bios Life products contain several types of SOLUBLE fibers.** Medical research has shown which soluble fibers are most effective. Bios Life® is a special complex of these fibers (guar gum, locust bean, citrus pectins, acacia, barley bran, etc.) which can be very difficult to find in an appetizing form in western hemisphere food sources and have known benefits for blood sugar control, and maintaining a healthy microbiome.



In addition to several sources of fiber, Balance contains 7X Technology, Bios Cardio Matrix and Bios Vitamin Complex. As a multifunctional fiber, Unicity Balance is incomparable to any other fiber on the market.

### Q: Can I become dependant on Balance (Bios Life)?

There are no stimulants in Balance that can make you dependant. Taking Balance makes it easier to bridge the gap and maintain a lifestyle where you don't have the glucose spikes and crashes which go on to affect the metabolism. Getting the nutrients in Balance consistently every single day can be difficult for most people, and this natural food based product is just a tool to make life easier.

Multiple types of soluble fibers like the ones found in Unicity Balance are important since over time the intestinal cilia can lose their function from repeated contact with only type of fiber, eliminating the original benefit of the fiber. Soluble fibers can reduce cholesterol, blood pressure, IBS, stabilize blood sugars, and many other beneficial systemic effects. In contrast, the INSOLUBLE fibers found in cereals, grains, fruits, and vegetables, affect regularity but do almost nothing systemic.

### Q: Are There Any Side Effects?

Unicity Balance is generally well tolerated. There may be mild gastrointestinal discomfort, such as increased gas, bloating, constipation or loose stools as a temporary effect during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Unicity Balance.

### Q: Is it safe for pregnant women or nursing mothers to drink Unicity Balance?

Yes! Unicity Balance is a food and is considered safe for pregnant women and nursing moms. It is especially helpful during postpartum, to not only lose the extra weight gained, but to assist with higher levels of energy and to assist in the healing process of internal organs.



## References

<https://www.pdr.net/full-prescribing-information/UNICITY-Balance-chrysanthemum-morifolium-fiber-phytosterols-policosanol-unicity-7x-584>

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4 <https://www.feednavigator.com/Article/2019/06/04/Study-Plant-derived-polysaccharides-boost-good-bacteria-in-piglets>

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Leptin <https://www.healthline.com/nutrition/leptin-101>