


A Quick-Start Guide to Feel Great

Many paths that lead to a healthier lifestyle include diet, exercise, and stress management. But these healthy habits can be difficult to maintain long term. Despite our best efforts, willpower is simply not enough.

Feel Great is designed to bridge the gap between where you are and where you want to be. Feel Great makes a healthy lifestyle totally doable and enjoyable. No more extreme exercise routines, no more stress, and no more excessive meal prep.

Intermittent Fasting 101

Here's a look at what your Feel Great intermittent fasting schedule might look like.

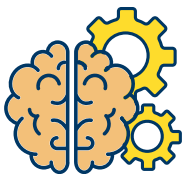
	<p>Step 1</p> <p>Start your day with Unimate. Unimate boosts your morning's focus and energy without breaking your fast.</p>
	<p>Step 2</p> <p>Have Balance before your largest meal of the day to slow the impact of the carbohydrates you consume.</p>
	<p>Step 3</p> <p>Have Balance again before dinner to slow the impact of the carbohydrates you consume and help you through the fasting period.</p>
	<p>Step 4</p> <p>Start your fast after dinner and wait 16 hours before your next meal.</p>

The most important thing to remember is to fast at least 16 hours between your last meal of the day and your first meal the next day (so, from 8 p.m. to noon). Your meal times outside your fasting window can be adjusted as needed to fit your lifestyle.

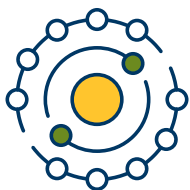
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For more energy
and a good mood



With caffeine and theobromine
for increased energy and
better concentration



High levels of antioxidant
chlorogenic acid



Rich in matesaponins



Recommended Use

Mix one packet with 17–24 oz. (500–700 mL) of water (add more or less to taste). Use once daily or as desired. Drink with hot or cold water.

Pro Tip: For easy prep, use a milk frother.

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Dietary fibre contributes to longer satiety after a meal



Phytosterols contribute to the maintenance of normal blood cholesterol levels*



Contributes to healthy digestion



Dietary fibre contributes to slower absorption of glucose into the bloodstream



Supports healthy weight management



Supports forms of interval fasting such as 16-8, 4-4-12, etc.

Recommended Use

For best results, take twice daily, 10–15 minutes before your two largest meals. Mix each packet with 240–300 mL of water. Mix vigorously in a shaker cup. Drink immediately.

Pro Tip: Add powder to the water, not vice versa.

* The beneficial effect is obtained with a daily intake of at least 0,8 g of plant sterols/stanols.