

UNICITY

# Balance

LIVE LIFE IN TOP SHAPE



# ACHIEVE YOUR GOALS

Effective support for your healthy lifestyle: The vitamin-rich fibre drink Unicity Balance supports more than just your digestion! Dietary fibres promote a feeling of satiety and a stable blood sugar level. This keeps you full for a long time between meals and prevents cravings for unhealthy food. Balance is the perfect addition to your health and sports routine!



PROMOTES HEALTHY DIGESTION



SUPPORTS WEIGHT MANAGEMENT



CONTRIBUTES TO BALANCED BLOOD VALUES



## FIBRE & WEIGHT MANAGEMENT

A diet rich in fibre is the basis for successful weight management: fibre swells in the stomach and ensures faster satiety. If you take Unicity Balance before a meal, you will be fuller sooner and the fibre also ensures that the stomach takes longer to empty. This way you stay full longer until the next meal.

In addition, the fibre in Unicity Balance ensures that the glucose from meals is gradually digested. As a result, your blood sugar levels rise and fall more slowly and your body releases less insulin. This not only prevents cravings, but also gives your metabolism the chance to access your body's own fat reserves to produce energy.

# SUCCESS WITH BALANCE AND THE 4-4-12 FORMULA

Weight management is not only about what you eat, but also when! If you fast long enough between meals, your body enters the so-called fat burning zone, where it burns fat instead of carbohydrates – including the body's own fat deposits! At Unicity we work with two main approaches:

**The 4-4-12 rule:** Take a break of at least 4 hours between meals during the day, during which you consistently eat nothing – not even small snacks! Also make sure that there are at least 12 hours between dinner and breakfast.

**The 16-8 rule:** Give your body a 16-hour rest period and a maximum time span of 8 hours to enjoy your healthy meals. Pro tip: Enjoy a delicious cup of Unimate in the morning for an energy boost that will help you have great start to your day.

## INDEPENDENT RECOMMENDATION

Unicity Balance is listed in the **Prescriber's Digital Reference**, the most important US reference book for medical professionals.

# PDR

## RECOMMENDED USE

Mix the contents of one sachet with 250 ml water. Shake well and consume immediately. Drink twice daily approx. 10 min. before a meal. For optimal tolerance drink with plenty of water!



SHAKE



COLD

