

# UNICITY COMPLETE VANILLA

Fuel Your Body – get fit with proteins

Each Unicity product has been developed to make your life better.

Our excellent science-based products can contribute significantly to supporting metabolic functions and overall wellness!



## PRODUCT DESCRIPTION

You want to eat a balanced diet, but don't always have the time? Unicity Complete® Vanilla is the solution!

Start your day off right with Complete® Vanilla: This delicious protein shake is ready in no time and one serving already provides the daily dose of many essential amino acids, vitamins and minerals. Its high protein content keeps you full for a long time and helps your body build muscle and regenerate, so it's ideal for athletes and anyone who wants to watch their weight.

Make it easy for yourself and choose Complete®!

## CONTENT

1104 g

Serving size: 37 g (measuring spoon enclosed)

Servings per package: \*approx. 30

## IDEAL FOR ALL THOSE WHO...

- look for a delicious option for weight management
- exercise a lot and watch their protein intake
- look for a quick and convenient addition to a balanced diet

## INGREDIENTS & BENEFITS

- 20 grams of protein per serving are filling and support muscle building
- 100 % of the recommended daily allowance of many essential vitamins and minerals, including vitamins A, C, D, vitamins of the B group, calcium and iron
- 3 grams of dietary fibre to increase the feeling of fullness

## RECOMMENDED USE\*

Mix two measuring spoons with 230 ml water, low-fat milk or vegetable milk. Stir or shake well and drink immediately.

Enjoy the shake once a day.



COLD



SHAKE

# UNICITY COMPLETE VANILLA

**Recommendation for weight management:** For an even better result, stick to 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. These intervals optimize fat burning!

Combine Complete® with Unicity Balance or Bios 7 for added benefits to help fight cravings and support fat burning.

## INDEPENDENT RECOMMENDATION

Unicity Complete is proven to be free of doping relevant substances and has been included *on the Cologne List*®.



## UNICITY SCIENCE

Find out more about our scientific work on Unicity products at [unicityscience.org](http://unicityscience.org).

## NUTRITIONAL VALUES

pro Portion · per serving · per portion (36,8g)		
Brennwert · Energy · Energi	156 kcal	
	656 KJ	
Eiweiß · Protein	20 g	
Kohlenhydrate · Carbohydrates · Kolhydrater	8 g	
davon Zucker · of which sugar · varav socker	3 g	
Fett · Fat	4 g	
davon gesättigte Fettsäuren · of which saturated fatty acids · varav mättade fettsyror	1 g	
Ballaststoffe · Fibres · Fibrer	4 g	
Natrium · Sodium	0,26 g	
Vitamin A	1.500 µg-RE	188%*
Vitamin B1	1,5 mg	136%*
Vitamin B2	1,7 mg	121%*
Vitamin B6	2 mg	143%*
Pantothensäure · Pantothenic Acid		
Pantotensyra	10 mg	167%*
Folsäure · Folic Acid · Folsyra	400 µg	200%*
Niacin	20 mg-NE	125%*
Vitamin B12	6 µg	240%*
Vitamin C	60 mg	75%*
Vitamin D3	10 µg	200%*
Vitamin E	60 mg αTE	500%*
Biotin	300 µg	600%*
Calcium	350 mg	44%*
Iron	18 mg	129%*
Magnesium	140 mg	37%*
Zinc	15 mg	150%*
Copper	2000 µg	200%*
Manganese	2 mg	100%*
Chromium	120 µg	300%*
Potassium	320 mg	16%*
Jod · Iodine	173 µg	115%*

\* % des empf. Tagesbedarfes • of recommended daily amount (RDA) •  
av rekommenderat dagligt intag (RDI)

## INGREDIENTS

Whey protein concentrate, inulin, sunflower oil, soy protein isolate, whey protein isolate, flavour, fructose, canola oil, calcium carbonate, milk protein isolate, maltodextrin, potassium citrate, magnesium oxide, thickener: xanthan gum, emulsifier: mono- and diglycerides of fatty acids, potassium phosphate, sodium caseinate, whey powder, sodium chloride, guar gum, thickener: carrageenan, ascorbic acid, D-alpha-tocopheryl acetate, iron fumarate, chromium picolinate, emulsifier: lecithin (soy), sweetener: sucralose, biotin, retinyl palmitate, nicotinamide, zinc oxide, potassium iodide, copper gluconate, calcium D-pantothenate, manganese sulphate, folic acid, cholecalciferol, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, Aloe Vera concentrate (1 %), cyanocobalamin.

Contains: Milk, Soy, Peanuts

**NOTE:** \*Keep out of reach of children. Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. The recommended daily dose must not be exceeded. If you are pregnant, breastfeeding, taking medication or have diabetes, you should consult a doctor before first consumption. Do not use if the security seal is missing or damaged.