

# UNICITY UNIMATE FUEL

Snack Smart – the delicious drink for a balanced diet

Every Unicity product is designed to make your life better.

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



## IDEAL FOR THOSE WHO...

- want to start the day full of energy
- follow a Intermittent fasting, a low - carb or ketogenic diet
- are looking for a good snack to combat cravings

## PRODUCT DESCRIPTION

It is often not the main meals which cause a challenge to weight management, it is the snacks we eat! But sometimes you just need a little something to stay energised and prevent cravings. This is where Unimate fuel with coconut oil and yerba mate come in perfectly. Its delicious taste of salted caramel dampens the desire for sweet treats and provides energy – perfect for a good start to the day or as a snack in between meals.

And best of all, you can drink Unimate Fuel without your blood sugar level spiking. This makes it perfect for Activate, the Unicity program for better metabolic flexibility, because it allows to feel full until your next meal! In conjunction with exercise and Activate's Nutrition Guidelines, Unimate Fuel helps you to follow your diet plan and support your metabolism.

## CONTENT

414 g

Serving size: 1 sachet (13,8 g)

Servings per pack: 30 sachets

## RECOMMENDED USE\*

Mix a sachet of Unimate Fuel with 300-350 ml of hot or cold water. Drink once or twice per day to stay fit and support the feeling of satiety. \*

## INGREDIENTS & BENEFITS

- Coconut oil with a high content of easily digestible, medium-chain fatty acids
- high quality, concentrated yerba mate with a natural content of:
  - Chlorogenic acid and other antioxidants to protect against free radicals
  - Caffeine and theobromine for more energy and focus
  - Valuable Matesaponins
- promotes satiety
- for more energy, concentration and mental clarity
- contains no additional sugar



COLD



HOT

**Recommendation for weight management:** Follow the 4-4-12 principle as part of the Activate program. Take at least a 4 hour break between meals during the day where you strictly do not eat anything – not even small snacks!

Also make sure that there is at least 12 hours between dinner and breakfast. These intervals allow your body to get into the fat burning zone!

## INDEPENDENT RECOMMENDATION

Unimate Fuel provably contains no doping-relevant substances and has been included *by Informed Choice*.



## UNICITY SCIENCE

More information on our scientific work on Unicity products can be found at [unicityscience.org](http://unicityscience.org).

## NUTRITIONAL VALUES

Daily Dose: 1 packet (13.8 g) • Tägliche Dosis: 1 Sachet (13.8 g)

Dose journalière : 1 sachet (13.8 g) • Dagelijkse dosering: 1 pakket (13.8 g)

Amount Per Daily Dose • Menge pro Tagesdosis Quantité par dose journalière • Hoeveelheid per dagelijkse dosis	
Coconut Creamer • Kokosnuss-Creamer Crème au noix de coco • Kokosnoot Creamer	10 g
Green Mate Leaf Extract • Grüner Mate Blattextrakt Extrait de feuille de maté vert • Groene Mate Blad-extract	2 g

## INGREDIENTS

Coconut cream mixture (coconut oil, soluble maize fibers, sodium caseinate, sunflower lecithin, silicon dioxide), Unimate (green mate leaf extract) powder, salt, natural flavors, stevia extract..

Contains: Milk, Coconut

**NOTE:** \* Keep out of reach of children and store in a cool, dry place. Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. The recommended daily dose must not be exceeded. Unimate Fuel was developed for use in the context of the above Unicity nutritional principles. For best results, you should do an accompanying training program. If you have diabetes or are under medical supervision, consult your doctor before use. Not suitable for children, pregnant or breastfeeding women, or persons sensitive to caffeine. Do not use if the security seal is missing or damaged.