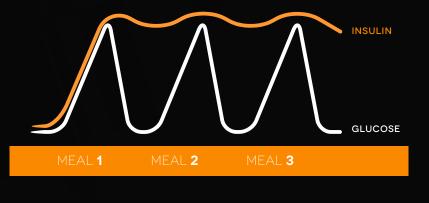


How it Works

Glucose is the primary source of energy for the body. As you eat, your body sees a sharp increase in glucose levels. To manage this influx of energy, your body must produce a significant amount of insulin. When it does so, your glucose levels are reduced relatively quickly, but your insulin levels stay high. This, unfortunately, eliminates the need for the body to tap into its fat reserves for energy.

When taken before a meal, Balance combats this issue by providing a more mild release of both glucose and insulin into your system. Then, as those levels reduce, your body can finally use its fats cells for energy—burning away those fat reserves.





4-4-12 Principle

The 4–4–12 Principle is a simple way to ensure your body is getting the most energy possible out of the food you're already eating, eliminating the need to snack between meals, and burning the fat you're not using.

Living the 4–4–12 Principle

There are three simple steps to following the 4–4–12 Principle and reaping the benefits:

Step 1 Eat a high-protein breakfast of **UNICITY**COMPLETE, and then wait at least 4 hours to eat lunch.

Step 2 Drink Balance 10 to 15 minutes before eating a healthy lunch, and then wait at least 4 hours to eat dinner.

Step 3 Drink Balance 10 to 15 minutes before eating a healthy dinner, and then wait at least 12 hours to eat breakfast.

If you do need a snack between meals, a drink of **UNICITY**MATCHA will not only help you feel revitalized, but it will help keep you hydrated as well!

So why does 4-4-12 work?

Your body has a tendency to use the most readily available source of energy first. So if you snack throughout the day, your body has no reason to tap into its fat reserves—or even into your last main meal—for energy. Unicity Balance slows the rate at which glucose is absorbed into the body and reduces the amount of insulin produced, ensuring your body is using the energy from your meals throughout the day; and 4–4–12 creates a period of time when your body needs to use its fat reserves as its principal source of energy, giving your body a reason to burn the fat it has.



BEFORE

LORI SCHULTZ

"Unicity took all of the important components of health and put them together. I am now able to be the confident trainer and role model I need to be."

WEIGHT

↓ 42 pounds

BODY FAT

J 15 %

INCHES

↓ 16 inches

Lori's Sto



A Balanced Life

Unicity strives to make life better by developing products that promote harmony between mind and body. The mind's dependency Buddha noted, "To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom, and keep our minds strong and clear."

One such product to harmonize body and mind is **UNICITY**BALANCE, a natural weight loss supplement that increases energy levels and burns fat. It has an enduring, medically-proven track record of success in helping people gain control of their bodies, and ultimately their lives. This product will empower you to live the prime life and reach your highest aspirations.

UNICITYBALANCE









FAT LOSS



TOD PETTUS

"I was blown away with doing. I cannot tell you the peace of mind that I have due to these results. I will always be grateful for Unicity."

WEIGHT

↓ 35 pounds

CHOLESTEROL

↓ 56 points

TRIGLYCERIDES

↓ 113 points

Tod's Story



More Info

Two Formulas

Each formulation of Balance is a quality product designed to help promote weight loss, balance digestion, and maintain healthy cholesterol and glucose levels. However, the variation in formulas allows the benefits of the product to be tailored to the needs of different individuals.

Cholesterol Support is geared more specifically for those individuals looking to lose weight and has additional cholesterol management benefits. For those looking to lose pounds and inches, as well as achieve an overall balance to their life. Balance for Cholesterol is an excellent choice.

Balance's Bios Life Formula for Healthy Glucose Support is designed to help people who are focused on maintaining healthy glucose levels. While this formula will still help with weight management and supporting healthy cholesterol levels, those who are concerned about maintaining their blood glucose levels will find a more tailored experience with Balance for Glucose.



1 BIOS LIFE FORMULA FOR CHOLESTEROL SUPPORT

Balance's Bios Life Formula for Healthy



Supplement Facts

Serving Size 1 Packet (7.25 g)

Guar Gum, Gum Arabic, Locust Bean Gum, Maltodextrin, Citrus Pectin, Oat Fiber, Beta Glucan

Unicity 7x.™ 1700.0 mg
Proprietary Blend of Plant Derived Polysaccharides, Natural & Artifical

Bios Cardio Matrix 1018.5 mg
Phytosterols, Chrysanthemum Morifolium (Flower Bud),
Policosanol (Sugar Cane Extract) Bios Vitamin Complex " 350.0 mg
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 HCI), Vitamin B1 (Cyanocobalamin)
Folic Acid, Vitamin B1 (Thiamin HCI), 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.

OTHER INGREDIENTS: Orange Juice Powder, Citric Acid, Sucralose.



(U) Gluten Free

2 BIOS LIFE FORMULA FOR GLUCOSE SUPPORT

Nutrition Facts

Amount Per Serving

*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.

	Calories:	2,000	2,500
ıl Fat	Less than	65 g	80 g
at Fat	Less than	20 g	25 g
olesterol	Less than	300 mg	300 mg
lium	Less than	2,400 mg	2,400 mg
assium		3,500 mg	
I Carbohydrate		300 g	375 g
ietary Fiber		25 g	30 g

INGREDIENTS: Biosphere Fiber* (Guar Gum, Gum Arabic, Locust Bean Gum, Maltodextrin, Citrus Pectin, Oat Fiber, Beta Glucan), Nutri-Fiber™ (Proprietary Blend of Plant Derived Polysaccharides, Natural & Artificial Flavors, Calcium Carbonate, Sucralose, Citric Acid), Vitamin Complex[™] (Calcium Carbonate, Vitamin C (Ascorbic Acid), Vitamin A (Beta-Carotene) Vitamin E (d-alpha Tocopheryl Acetate), Niacin (Niacinamide), Zinc (Zinc Gluconate), Vitamin B1 (Thiamine HCl), Biotin, Vitamin B2 (Riboflavin), Folic Acid, Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Cyanocobalamin), Orange Juice Powder, Citric Acid.









