

UNICITY®



Feel Great

Pro tips

PRODUCT GUIDE

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The gap

When it comes to health, there's usually a gap between where we are and where we want to be.

With so many ultra-processed foods that prioritize taste over nutrition, it can be difficult to find nutrient-rich foods. And when facing the prospect of substantial lifestyle changes, impossibly restrictive diets, and extreme exercise regimens, living a healthy lifestyle can feel overwhelming—even unattainable.

We're living busy lives! Our to-do lists are already full. So when it comes down to it, willpower is not enough. With so many roadblocks getting in the way of our health goals, we need high-quality support.

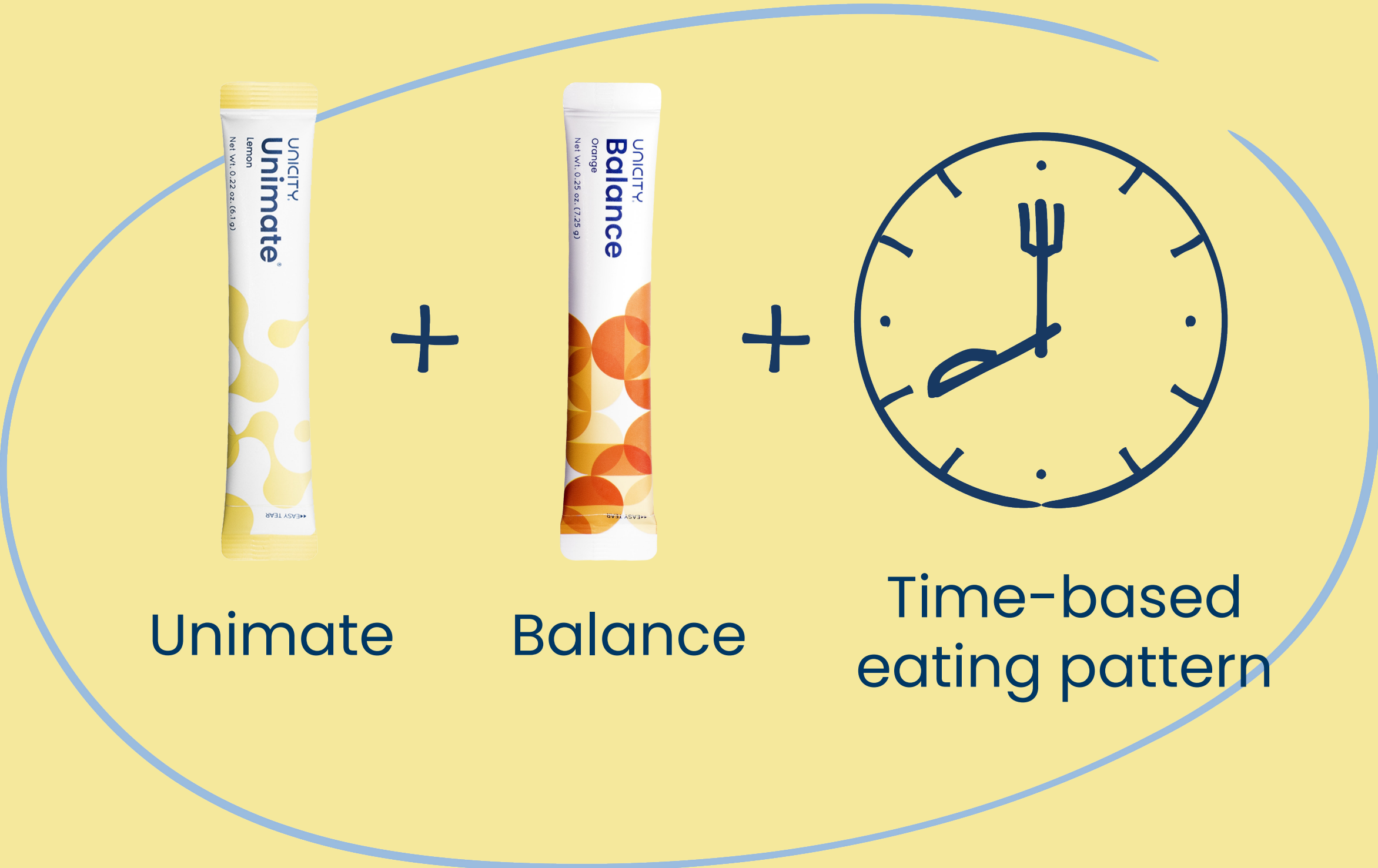
Feel Great overview

Feel Great is designed to bridge the gap between where you are and where you want to be.

It makes a healthy lifestyle totally doable and enjoyable. No more guesswork, no more stress, and no more excessive meal prep.

Feel Great will help you feel fuller for longer, prolong your breaks between meals, and support overall metabolic health. It's time for a fresh start. It's time to feel better than you've felt in years. It's time to FEEL GREAT.

The Feel Great formula is simple:



How Feel Great works



First Unimate

Wake up, start your day with **Unimate**



Unimate OR Balance

Take a second **Unimate** for a pick-me-up **or** enjoy **Balance** before your first meal of the day



Balance

Take **Balance** before dinner



Fasting begins

Start your fast after dinner and wait 16 hours before your next meal

Unimate and Balance work together to help you extend the time between dinner and your first meal of the following day. Time-based eating, often referred to as intermittent fasting, has been associated with numerous health benefits like:

- Healthy blood pressure
- Improved heart health
- Improved body composition

Feel Great timeline



16 HOURS Fasting Window	8 HOURS Eating Window
<p>Your fast starts after your last meal of the day.</p> <ul style="list-style-type: none">• <i>Blood sugar normalizes</i>• <i>Insulin levels drop</i>• <i>Digestive system resets</i>• <i>Fat burning begins</i>• <i>Body ramps up fat burning – the longer the fast lasts</i> <p>Start your day with Unimate.</p>	<p>End your fast with your 1st meal of the day.</p> <p>Take Balance with your biggest meal of the day.</p> <p>Take Balance with your other big meal of the day if desired.</p> <p>Enjoy another Unimate during the day as a pick-me-up if desired.</p>



Track your progress with Feel Great:

- Get the [Feel Great tracking sheet](#).
- Download your [Feel Great Fasting app](#) for more tips and to track your progress!

Included in your first order

Your first Feel Great shipment includes a free Unicity Mixing Bottle, perfect for preparing your products on the go, as well as one FREE Unicity product for those who subscribe.



Get to know Unimate

Yerba mate has been traditionally used to promote mental clarity, endurance, appetite control, and an improved mood. Our proprietary BioSelect™ Process, rooted in scientific precision and unwavering commitment to quality, guarantees that each batch of yerba mate is crafted to optimally support metabolic health and provide unparalleled bioactive benefits.

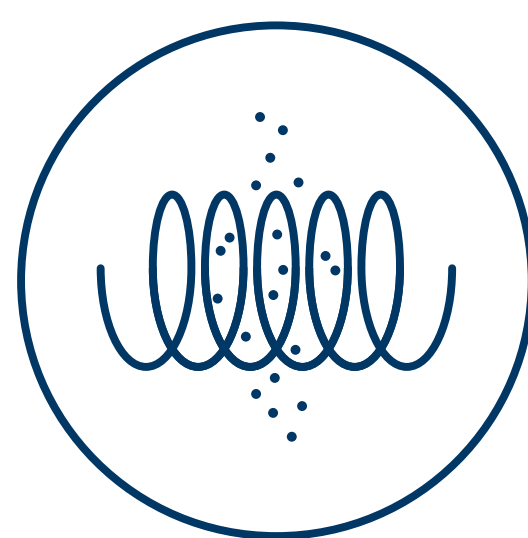
Unimate contains up to 10 times the amount of chlorogenic acids (feel-good compounds) found in a typical cup of coffee.



① **SELECTIVE
HARVESTING**



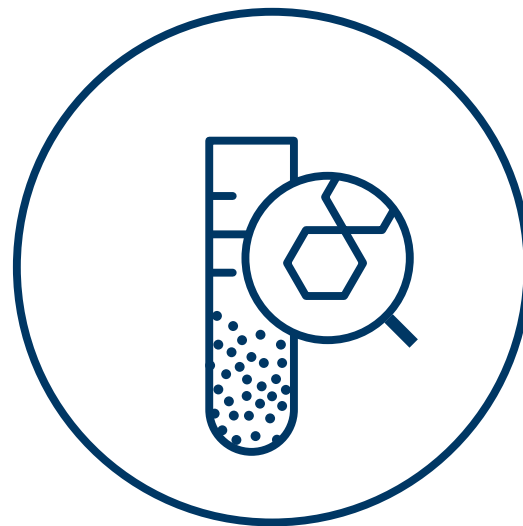
② **BIOACTIVE
PRESERVATION**



③ **PRECISION
REFINEMENT**



④ **BIOACTIVE
CONCENTRATION**

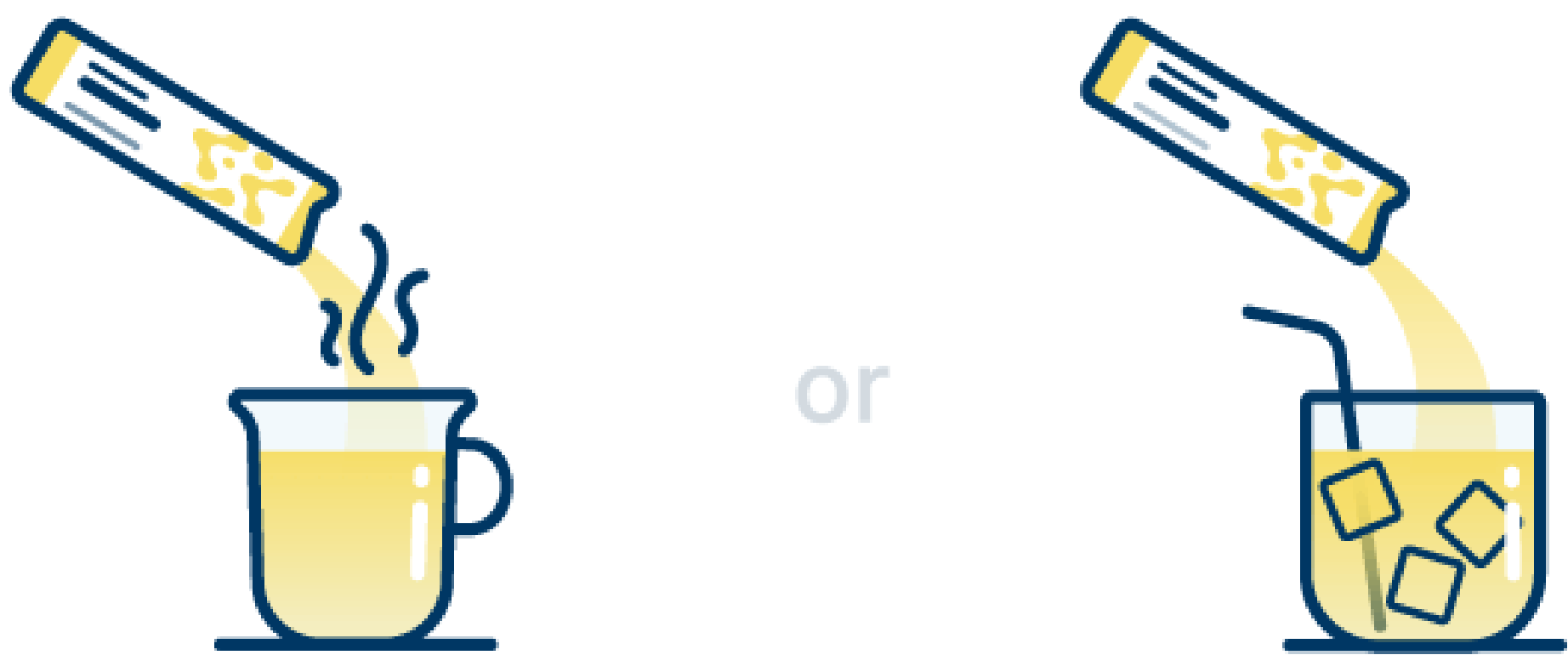


⑤ **EFFICACY
ASSURANCE**

Get to know Unimate

SCIENCE: Yerba mate comes from a plant native to South America, where it has been consumed in community rituals for hundreds of years. Its naturally occurring caffeine and unique blend of plant compounds—including chlorogenic acids, mate saponins, and theobromine—is known to improve mood, heighten mental clarity and support appetite control.

RECOMMENDED USE



Mix the entire contents of 1 stick pack (5.1 g) with 17–24 oz (500–700 mL) of hot or cold water (add more or less to taste). Drink 2 times daily or as desired.

PRO TIPS

- Drink hot or cold—whichever you like best!
- Mix with at least 17–24 oz. (500–700 mL) water.
- Use the Unicity Hand Mixer for the smoothest blend.
- Drink to extend your fast in the mornings, or any time you need a pick-me-up during your eating window.

TRY THIS

- Prepare your Unimate hot and stir with a cinnamon stick.
- Add a tablespoon of coconut oil for a creamier Unimate and added energy benefits.
- Add a tablespoon of Unicity Complete for a sweeter afternoon pick-me-up.
- Mix with Unicity Oasis for a blast of berry flavor and skin support.
- Looking for an extra boost? A Chi-Oka Matcha-Unimate combo should do the trick.

Get to know Balance

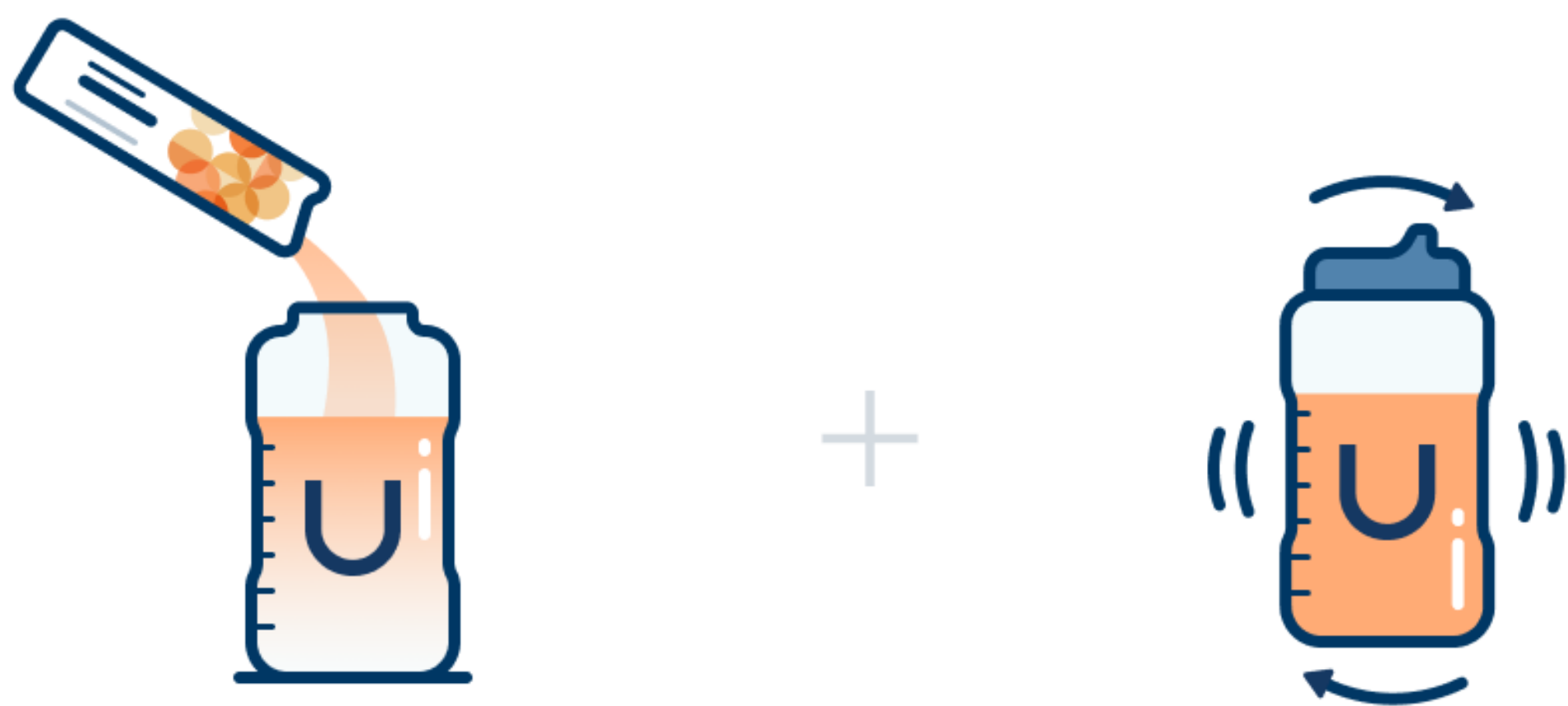
Balance is a pre-meal drink with a proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to support normal, healthy glucose levels. Balance is formulated to provide critical vitamins, minerals, and soluble fibers to help support healthy weight management.



Get to know Balance

SCIENCE: Balance contains soluble fibers. Viscous, soluble fibers form a thick gel when mixed with water and as they move through the digestive tract. The gel-like substance helps slow the emptying of your stomach, which results in prolonged satiety. Balance is a good source of nine essential vitamins and minerals, including vitamin C and vitamin B12. The vitamins and minerals promote proper digestion, optimize the conversion of food to fuel, and support healthy metabolism.

RECOMMENDED USE



For best results, take 1-2 times daily, before or with your largest meals. Vigorously mix each stick pack with 8-10 oz. (240-300 mL) of water and **drink immediately**.

PRO TIPS

- Add water before powder.
- Mix vigorously and **drink immediately**.
- Balance mixes best with a shaker bottle or a hand mixer.
- Mix with cold water.
- Mix with at least 8-10 oz. (240-300 mL) water.
- Drink with your heaviest meal or meals of the day.

TRY THIS

- Mix Balance with Unicity Complete to get both fiber and high-quality protein.
- Mix Balance with Oasis for added skin-care in your daily routine.
- Mix with Super Green + for added phytonutrients.



When preparing
Balance, always
remember:

**Add the powder to
8–10 oz (240–300 mL)
of cold water,**



**shake vigorously
(or use a hand mixer),**



& drink immediately!

Intermittent fasting and insulin

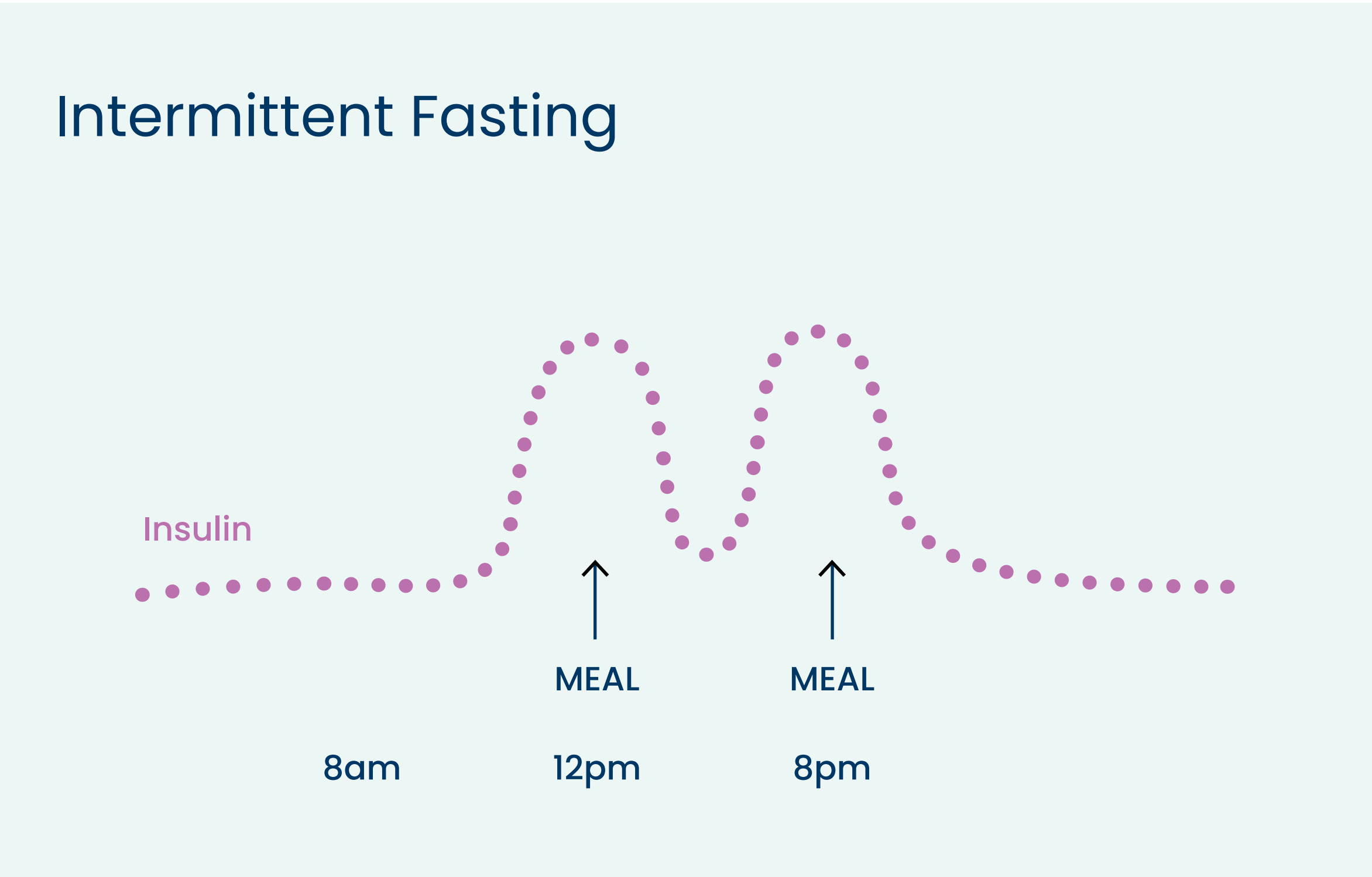
Insulin is the hormone that's responsible for the transport of glucose in the blood. When we eat or drink anything with carbohydrates, blood sugar levels rise, and insulin is released.

In the modern diet, more often than not, we have a constant supply of carbs triggering this glucose-insulin response. When the body is in a constant cycle of high blood sugar and high insulin levels, it can become insulin resistant. Over time, this can wreak havoc on the body's systems.

If we stop constantly eating, we give our bodies the time they need to go into a natural fat-burning state instead of relying on a steady supply of glucose for energy.

Intermittent fasting and insulin

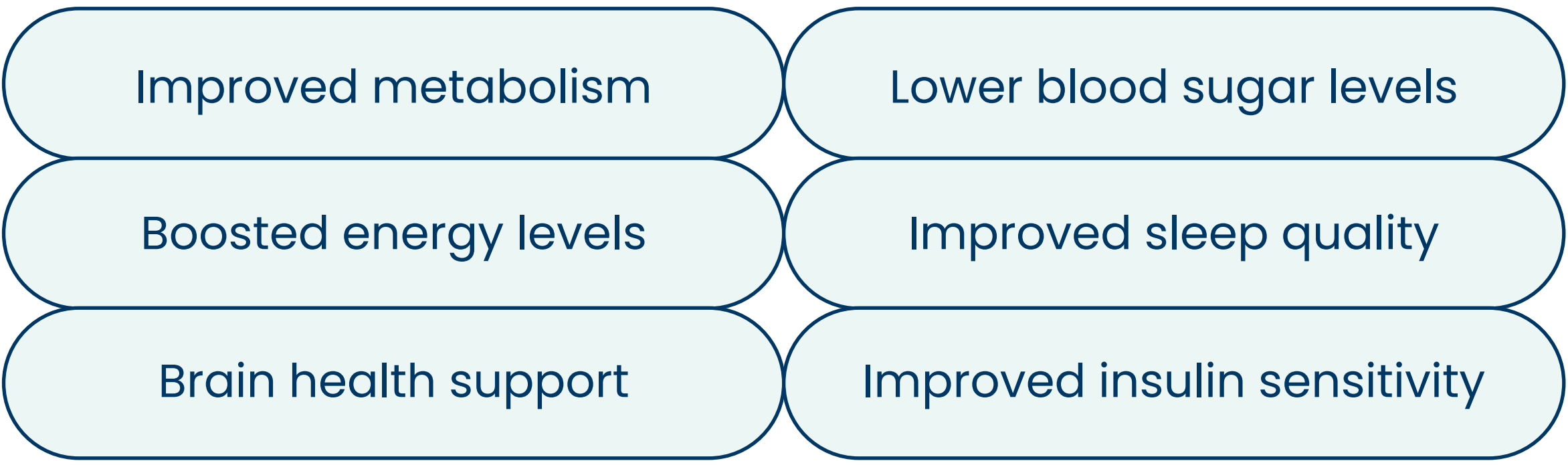
To keep our insulin levels in check, we can increase the space between our meals. The less our insulin spikes, the more time we'll spend in the fat-fueled state instead of the carb-fueled state.



Intermittent fasting and insulin

BENEFITS OF INTERMITTENT FASTING

The benefits of intermittent fasting go far beyond weight loss. Its impact on your health can benefit you in a variety of ways, including:

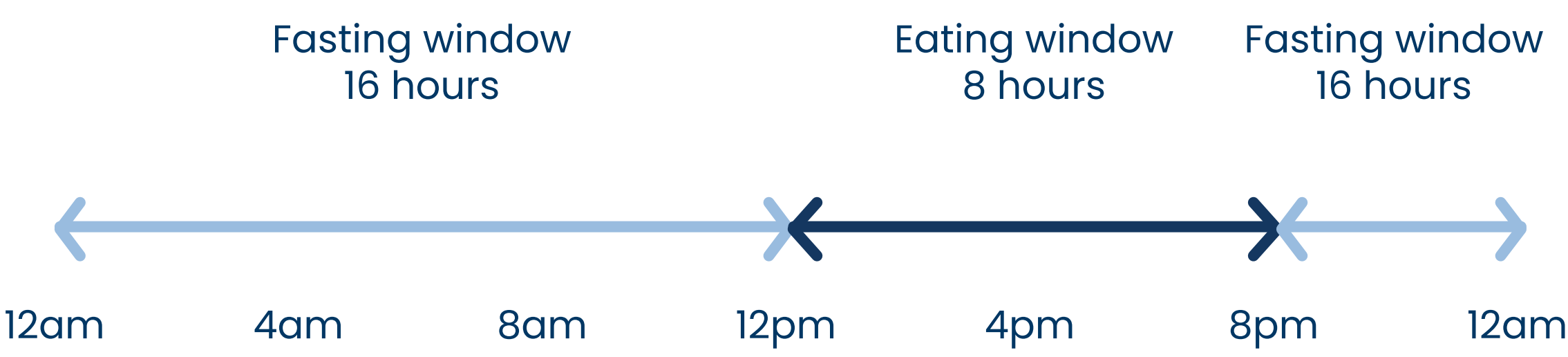


IDEAL INTERMITTENT FASTING SCHEDULE

To get the most from intermittent fasting, you should plan to fast 14–16 hours a day. We recommend that you eat your first meal around noon and finish your last meal around 8 p.m., and then wait 16 hours before eating your first meal the following day.

That being said, one of the best things about intermittent fasting is that it’s flexible, so you can choose whatever fasting window works best for your lifestyle. If you’d rather not skip breakfast, you can start your eating window a little earlier, around 10 a.m., and wrap up dinner at 6 p.m.

The key is to be consistent. It may take some trial and error to find the right fasting window, but once you’ve established a schedule you can maintain, you’ve won half the battle.



Intermittent fasting and insulin

PRO TIPS

- If you're new to intermittent fasting, start by fasting 12 hours a day and gradually working your way up to 16 hours.
- Start your day with Unimate, which provides the boost you need to get you going and supports satiety, helping you extend your fast until lunchtime.
- Take Balance with your last meal of the day, as this helps you extend your fast until the next day.
- Drink plenty of water throughout the day, both during and after your fast.

Remember, you don't have to rely on willpower alone to succeed. Balance and Unimate are designed to help make time-based eating as easy as possible.

Unicity's Feel Great Program is simple, yet flexible! Choose yourself if you want optimal fiber support with Balance before your two biggest meals or if you would rather have an Unimate energy boost twice a day. It's up to you to decide which focus you want to set.

Try intermittent fasting the Feel Great way, and get ready to feel great!

Feel Great FAQ



BALANCE

Why should I drink Balance more than once per day?

We recommend taking it with your heaviest meal, but it is a powerful addition to any meal. People especially concerned about their diet should consider taking Balance twice a day before their biggest meals. The added fiber will enhance digestions, support normal glucose levels and aid satiety.

I understand I'm making changes that will impact my digestive system. Will I experience bloating or any discomfort?

Introducing fiber (Balance) can increase gas or bloating in some people. This is a normal reaction as your body begins to acclimate to the increased daily fiber intake. The effects should diminish after 2–3 weeks. If you're very uncomfortable, consider halving the portion of Balance you take for 3–7 days.

Feel Great FAQ



UNIMATE

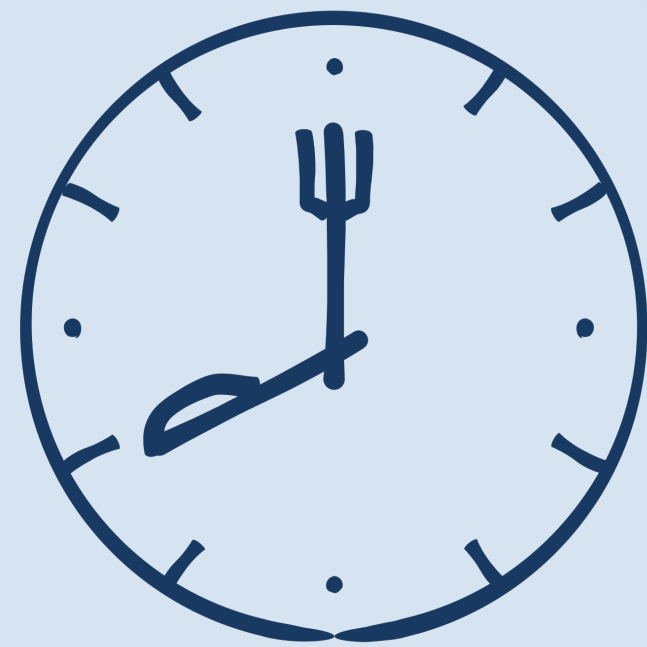
Why should I take Unimate more than once per day?

Unimate gives you energy for the day, boosts your metabolism and simply puts you in a good mood. This makes it perfect for your start of the day, but it will also support you before exercise or whenever you need a pick-me-up. You can drink Unimate once a day, but also twice or more if you want. Be careful if you are sensitive to caffeine though.

Will Unimate give me the jitters?

Most people report higher energy levels and a lack of jitters as some of the primary benefits of Unimate. Please note that Unimate has about as much caffeine as one cup of premium coffee, and much less than most energy drinks.

Feel Great FAQ



INTERMITTENT FASTING

What if I don't complete the recommended 16 hours of fasting before my first meal of the day?

This will sometimes happen. Though you won't experience the full benefits of the fast that day, all is not lost. You will continue reaping the benefits as you keep pushing to make it to the 16-hour fast mark and continue using Unimate to help you get there. The trick is not to miss two days in a row!

Will taking medication with water break my fast?

No. You may drink as much water as you like while fasting, and medications are effectively noncaloric, meaning your fast will remain unbroken.

Feel Great FAQ



GENERAL FEEL GREAT QUESTIONS

How long will it take for me to see results with Feel Great?

Results will vary, but most see results in the first 30 days with optimal results showing after about 90 days. Unicity stands behind its products by offering purchasers who are not Unicity Distributors a 100% money-back satisfaction guarantee. If, for any reason, within 90 days after your purchase you are dissatisfied with your Feel Great products, Unicity will, upon your written request, issue to you a full purchase-price refund.

Will these products create any sort of dependency?

Feel Great products do not create any dependency. You only need to take them for as long as you want to keep Feeling Great!

Remember, you don't have to rely on willpower alone to succeed. Balance and Unimate are designed to help make time-based eating as easy as possible.



Track your progress with Feel Great:

- Get the [Feel Great tracking sheet](#).
- Download your [Feel Great Fasting app](#) for more tips and to track your progress!