

UNICITYBALANCE

CHOLESTEROL SUPPORT

C O R E

*Helps the body maintain healthy cholesterol levels, sustain normal blood glucose, and burn fat for powerful weight loss.**

FEATURES AND BENEFITS

- Increases satiety after meals
- Helps sustain healthy blood sugar levels*
- Reduces appetite by increasing the leptin response
- Reduces the glycemic index of foods
- Promotes healthy cholesterol levels with an exclusive fiber matrix

PRODUCT INFORMATION

UNICITYBALANCE for Cholesterol Support is a proprietary natural formula that contributes to healthy cholesterol maintenance, supports healthy blood glucose levels, and aids your weight loss goals by staving off hunger between meals.

With an exclusive blend of seven sources of dietary fiber, natural phytosterols, and a full profile of vitamins and minerals, Balance is an essential supplement for cholesterol support and overall cardiovascular health.

The revolutionary fiber matrix in Balance is its secret weapon, providing five grams of soluble fiber to fight against the resorption of cholesterol in the digestive tract. This fiber blend is also important for sustaining healthy blood glucose levels, as it forms a viscous gel to slow down the rate of digestion, thereby helping the body avoid high spikes in blood sugar after meals.



SUGGESTED USE

Mix one sachet of Balance, two times per day with 8 to 10 ounces of water.

Shake or stir until completely dissolved. Drink immediately.

Wait 10 to 15 minutes before eating your meal.

To speed up your weight loss goals, stick to the effective 4-4-12 program and limit your daily intake of carbohydrates.

SCIENCE

Maintaining Balanced Cholesterol

Supplementing with dietary fiber aids the body in balancing cholesterol levels by reducing future cholesterol uptake. This is accomplished by two mechanisms.

Firstly, both soluble and insoluble fibers work to form a gel-like consistency in the small intestine. This gel traps bile acids and prevents them from being absorbed by the body. To replace lost bile acids, the body will draw out cholesterol, thus reducing overall cholesterol supply.

Secondly, the fermentation of fiber in the intestine produces short-chain fatty acids which further inhibit the synthesis of cholesterol in the body.

Supporting Healthy Blood Glucose

In order to turn the food you eat into energy, your body needs to transform all those calories into glucose. As

Item# 26550 | Serving Size: 1 Sachet | 60 Servings per container
For more information, scan the code to the right, or go to Unicity.com



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

UNICITY

SCIENCE (continued)

blood glucose levels rise, the pancreas will release insulin, which unlocks cells and allows the glucose to be used as energy. Additionally, insulin will take the glucose your body doesn't need and store it away as fat.

By slowing the rate your body turns food into glucose, Balance effectively limits the amount of insulin needed. This means instead of turning all that glucose in your body into more fat, your body will efficiently use that glucose for energy. In addition, between meals your body will enter a fat-burning state by generating glucagon, which works to raise low blood sugar levels by breaking down current fat stores.

Phytosterols

Balance further helps the body maintain healthy cholesterol with a blend of phytosterols. These natural compounds found in plants have a very similar chemical structure to cholesterol itself.

So similar, in fact, that if phytosterols are present in the digestive system along with cholesterol, the proteins that transport cholesterol can't tell the difference between the two. As a result, many phytosterols are picked up and stored in the bloodstream, while cholesterol is passed out of the body.

Unicity Balance and 4-4-12

Balance works best when used in conjunction with a simple rule called 4-4-12. The 4-4-12 principle works to establish regular meal intervals, putting your body in a fat burning state between meals.

After a high-protein breakfast like Unicity Complete, you wait at least 4 hours to eat lunch. After lunch, supplemented with Balance, you wait at least 4 hours to eat dinner. After your evening meal, again paired with Balance, you wait at least 12 hours to eat breakfast the next morning.

Balance and the 4-4-12 principle help you create periods of time when your body turns to fat stores to meet energy demands. We call these periods of time fat-burning zones.

REFERENCES

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