

UNICITYCOMPLETE

PROTEIN MEAL REPLACEMENT

C O R E

*A convenient, healthy meal replacement shake designed to help you meet your weight loss goals.**

FEATURES AND BENEFITS

- Contains a 100% of your recommended daily intake for many essential vitamins and minerals.
- A balanced meal-replacement shake that helps you adhere to 4-4-12™ and burn fat.
- Provides 20 grams of high-quality protein to help keep you feeling full, build lean muscle mass, and provide energy without causing large spikes in insulin.
- Contains 4 grams of fiber to help increase satiety.

PRODUCT INFORMATION

Everyone knows it's important to kick start your day with a healthy breakfast! Not only will you have more energy, but studies show that those who eat breakfast lose more weight than those who skip their first meal.^{1,2}

However, with today's busy lifestyle, many of us feel too rushed to eat breakfast. Then, we will often eat a large lunch and an even larger dinner to compensate, with many of these calories coming from carbohydrates, sugar, and unhealthy fats. This leads to large blood glucose spikes during meal time and causes our body to store those empty calories as body fat.

Stop the vicious cycle of adding fat by starting your day off right with Unicity Complete; a high-protein, low-carb breakfast that provides needed nutrients to keep you full until your next meal.

Many convenient breakfast choices today are loaded with fat, salt, and sugar, and are generally devoid of necessary vitamins and minerals. Followers of the 4-4-12™ system



who are looking to burn fat should substitute a healthy, convenient alternative to these diet-destroying meals. Unicity Complete is an excellent alternative and is packed with vitamins, minerals, fiber, and protein.

A Unicity Complete shake plus a glass of Unicity Balance is a great way to start your day off! You'll be better able to resist unhealthy cravings and will put yourself in a fat-burning state until your next meal.

SCIENCE

Carbohydrates

Carbohydrates serve many important roles in the body, including enzymatic reactions, as the backbone of RNA and DNA, and as the body's primary energy source. However, carbohydrates can have negative effects when consumed in large amounts.

When we eat a meal high in carbohydrates, our insulin levels spike, triggering our body to store any excess calories as body fat. Foods and drinks touted as "fat free" are somewhat misleading, because when you eat lots of sugar and carbohydrates, your body converts any excess sugar to fat.

However, when we avoid carbohydrates for a period of time, our body senses the drop in glucose and triggers the pancreas to release glucagon. This hormone cause adipose tissue to release current fat stores into the blood stream, which the body will then use for energy—thus putting your body in a fat-burning state!

Item# 26555 | Serving Size: 1 Packet
Item# 26554 | Serving Size: 2 Scoops
For more information, 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.

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SCIENCE (continued)

Protein

A diet high in protein is important for weight loss, as these calories are consumed at a slower rate than carbohydrates. This prevents high spikes in blood glucose levels that are so detrimental to weight loss goals.

Studies show that individuals on a high-protein, low-carbohydrate diet are able to burn more fat, increase lean muscle mass, and feel fuller between meals.^{2,3}

Vitamins and Minerals

It can be difficult to get all the vitamins, minerals, and other nutrients our bodies need from our daily diet. Unicity Complete provides a full profile of essential vitamins and minerals with each serving, ensuring you're always getting the nutrients you need to work at peak performance.

REFERENCES

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