



Feel  
*Great*

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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 processed foods and modern farming techniques that prioritize taste over nutrition, it can be difficult to find nutrient-rich foods. And when facing the prospects 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. Feel Great makes a healthy lifestyle totally doable and enjoyable. No more guesswork, no more stress, and no more excessive meal prep.

The Feel Great formula is simple:

## **Unimate + Balance + A Time-Based Eating Pattern**

Feel Great will help you support a healthy metabolism and maintain normal blood glucose levels. 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!



# What's in the Feel Great pack

A 30-count box of Balance and two 30-count boxes of Unimate.



## How to use

Start your day with Unimate, and drink again before lunch or whenever you need its benefits. Take Balance before or with your heaviest meal. Start your fast after dinner and wait 14–16 hours until 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. See Intermittent Fasting and Insulin on page 8 for more information.



# Get to know Balance

The prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in the foods we eat. Soluble fibers can support important bodily functions like healthy metabolism.

Unicity Balance is a pre-meal drink with a proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber blend utilized in Balance helps to support healthy metabolism, including healthy glucose metabolism. Balance is formulated to provide critical vitamins, minerals, and soluble fibers to help support normal blood glucose levels and provide antioxidants.

# How to use Balance

For best results, take before or with your heaviest meal of the day to help support a healthy metabolism. Mix each packet with 240 mL of water and drink immediately.

## Try this!



Mix Balance with your favorite protein powder (we recommend Unicity Vanilla Complete) to get both high-quality protein and fiber.



Mix Balance with Unimate for the ultimate energy and mood boost.



Try mixing Balance with your favorite flavored water or low-calorie drink for an extra pop of flavor.



# Get to know Unimate

Delicious, clean, crisp Unimate Natural Lemon will provide a refreshing splash to your afternoon pick-me-up or morning beverage.

There are some days when you feel like you're on top of the world—it's those kinds of days where you accomplish more, and you do it with style. Other days, you feel unmotivated to complete tasks. So what makes the difference? How can you make every day a great day?

# How to use Unimate

Mix one stick pack with 375 mL (12oz) of hot or cold water (add more or less to taste).

## Try this!



Prepare your Unimate hot, and stir with a cinnamon stick.



Try adding a tablespoon of coconut cream to your Unimate.



Need something refreshing? Unimate Lemon over ice provides a cool, delicious recharge.



Try mixing your favorite Unimate flavor with sparkling water.



Add a scoop of protein powder (we recommend Unicity Vanilla Complete) for a more filling, sweeter beverage.

# Intermittent fasting and insulin

Insulin is the hormone that's responsible for moving glucose, or sugar, from the blood into the cells for energy. 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, then 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.**

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.

Simply put, intermittent fasting is time-based eating that can help the body maintain healthy insulin levels. Intermittent fasting can sound daunting. However, it's not as scary as most people believe.

With the Feel Great approach, we recommend that you wait to eat for 4 hours between your first and second meals of the day, 4 hours between your second and third meals of the day, then wait at least 12–16 hours before eating your first meal the following day. Balance and Unimate are designed to help make time-based eating as easy as possible. Both products work together to help you bridge the gaps between meals.

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



# Feel Great FAQ

## **Balance**

### **Can I drink Balance more than once per day?**

Yes. We recommend taking it with your heaviest meal, but you can take it before other meals as well if desired.

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

Each person's dietary fiber tolerance is different. When adding new sources of fiber to your diet, take it slow to avoid gastrointestinal discomfort. This is a normal reaction as your body begins to acclimate to the increased daily fiber intake.

## **Unimate**

### **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, so please be careful if you are sensitive to caffeine.

## **Intermittent Fasting**

### **What if I don't complete the recommended 12–16 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 to not miss two days in a row!

### **Will taking medication with water in the morning 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. Due to the nature of the gel matrix of Balance, we recommend taking any medications at least one hour before or one hour after consuming Balance.

## **General Feel Great Questions**

### **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!

## **Feel Great Links**

Visit [ufeelgreat.com](https://ufeelgreat.com) for more information.  
Shop Feel Great products at [shop.unicity.com](https://shop.unicity.com)

Check out [ufeelgreat.com/blog](https://ufeelgreat.com/blog) for tips and to  
learn more about Feel Great