

# A Quick-Start Guide to Feel Great

Many paths that lead to a healthier lifestyle include diet, exercise, and stress management. But these healthy habits can be difficult to maintain long term. Despite our best efforts, willpower is simply not enough.

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 extreme exercise routines, no more stress, and no more excessive meal prep.

## Intermittent Fasting 101

Here's a look at what your Feel Great intermittent fasting schedule might look like.

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|  | <p><b>Step 1</b></p> <p>Start your day with Unimate. Unimate boosts your morning's focus and energy without breaking your fast.</p>   |
|  | <p><b>Step 2</b></p> <p>Take Unimate again before a workout, with your lunch, or any time you need to get your focus back on the important stuff.</p>                         |
|  | <p><b>Step 3</b></p> <p>Take Balance before your heaviest meal of the day to slow the impact of the carbohydrates you consume and to help you through the fasting period.</p> |
|  | <p><b>Step 4</b></p> <p>Start your fast after dinner and wait 16 hours before your next meal.</p>   |

The most important thing to remember is to fast at least 16 hours between your last meal of the day and your first meal the next day (so, from 8 p.m. to noon). Your meal times outside your fasting window can be adjusted as needed to fit your lifestyle.

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## When to drink

- Before working out
- In the morning to start your day
- Between meals
- Before an important meeting, test, or presentation

## Try this



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



Try adding a tablespoon of coconut oil to your Unimate.



Add a tablespoon of Unicity Lean Complete Protein Vanilla powder for a nutritious, sweeter beverage.



Try Unimate Lemon with ice for a cool, delicious recharge.



Looking for an extra boost? A Matcha-Unimate combination should do the trick.



## Recommended Use

Mix the entire contents of 1 stick pack (5.1g) with 375mL (12 oz) of hot or cold water (add more or less to taste). Drink once or twice per day.

**Pro Tip:** For easy prep, use a milk frother.

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Provides support for healthy glucose metabolism



Helps to maintain normal blood glucose levels



Supports healthy metabolism



Provides antioxidants that protect the fat in body tissues from oxidation

## Recommended Use

Take 1 stick pack once daily. Mix with 240 mL water and drink immediately. Take with food, a few hours before or after taking other medications or natural health products.

**Pro Tip:** Add powder to the water, not vice versa.