

# UNICITYBALANCE

## GLUCOSE SUPPORT

### C O R E

*Allows the body to burn fat while promoting healthy cholesterol, blood sugar, and triglyceride levels for powerful weight loss.\**

## FEATURES AND BENEFITS

- Supports healthy blood glucose, insulin, cholesterol, and triglyceride levels.
- Limits impact of carbohydrate intake through proprietary fiber blend.
- Designed to help curb appetite between meals.
- Works with the 4-4-12 rule to support a healthy weight.

## PRODUCT INFORMATION

**UNICITYBALANCE** for Glucose Support is a revolutionary weight loss aid that allows you to increase energy levels and burn fat without leaving you hungry or relying on harsh stimulants. With a proprietary fiber blend, Balance increases your feeling of satiety after eating—limiting your need to snack between meals.

When you take Balance 15 minutes before a meal, the proprietary blend of fiber and plant-derived polysaccharides will allow your body to absorb the glucose from your meal slowly. This slow absorption keeps your blood sugar levels consistent, reduces the amount of insulin your body needs to produce, and eliminates the inevitable crash in energy after large meals.

Balance also helps maintain healthy cholesterol and triglyceride levels by blocking excess cholesterol from being absorbed in the body.



## 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 Blood Glucose Levels

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



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## SCIENCE (continued)

### Triglyceride Levels and Increased Lipolysis

By stabilizing blood sugar levels, Balance allows the body to turn existing free fatty acids and triglycerides into energy through the metabolic process lipolysis.

Using Balance also works to maintain healthy cholesterol levels, which removes inhibitors placed on lipolysis, further encouraging your body to burn away existing fat stores in between meals

### 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 even 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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