

THREE STEPS TO

PRIME HEALTH

The mission of Unicity is to help you reach your prime health given your present age. We want each of our customers to be able to achieve ambitious goals, unhindered by any physical or mental barriers. To do that, Unicity has developed a three-step system which takes a complete approach to your health.

STEP ONE

CLEANSE:

It's important to periodically cleanse your body of the toxins that build up over time to ensure it is running efficiently. Regular cleanses are a major step in preventative

health, and staying hydrated on a day-to-day basis not only helps keep your body clean, but can help muscles and joints work better, promote cardiovascular health, and assist with weight maintenance and appetite control.

STEP TWO

BALANCE:

Our bodies are constantly working to find equilibrium—working to stabilize cholesterol, acidity, hormones, and sugar levels. Finding that balance can help avoid

both short-term and long-term health threats, as well as improve meal control, weight loss, and energy levels. Part of living a prime life is creating a more balanced body in order to support an active lifestyle.

STEP THREE

BUILD:

Build on the exceptional physical foundation you've now established. Building at the cellular level to improve

muscle strength, mental clarity, and bone

structure allows you to reach the prime of your life, crushing mental and physical barriers, and achieving your boldest desires. This should include providing your body with the right types of energy each day to support both your physical and mental needs.

UNICITY PRODUCTS

Effective. Innovative. Safe.

Unicity has developed breakthrough, science-based nutritional products formulated to help you achieve optimal health and wellness.

Our unique, patented product formulations were developed through nutritional, clinical, and medical research at major universities and medical institutions.

The core Unicity products are Unicity Balance, Unicity Matcha, Unicity Complete, and Unicity Cleanse. Unicity also offers additional products to support the improvement of bodily function and overall health.



For orders and questions concerning Unicity products, please contact your Unicity Franchise Partner:



All products are not available in all markets.

Customer Support | 800-864-2489

© 2013 Unicity International | All Rights Reserved. | Unicity.com

26900 Rev1

UNICITY CORE



UNICITY CORE

Unicity's clinically proven products are formulated to improve your health, increase your energy, and help you feel better; but their higher purpose is to empower your mind and body—enabling you to embrace your boldest dreams.

4-4-12

The 4–4–12 Principle is simple: Eat a high-protein breakfast of Complete, and then wait at least 4 hours to eat lunch. Drink Balance 10 to 15 minutes before eating a healthy lunch, and then wait at least 4 hours to eat dinner. And drink Balance 10 to 15 minutes before eating a healthy dinner, and then wait at least 12 hours to eat breakfast. If you do need a snack between meals, a drink of Matcha will not only help you feel revitalized, but it will help keep you hydrated as well. The 4–4–12 Principle ensures your body is getting the most energy possible out of the food you're already eating, eliminating the need to snack between meals, and burning any excess fat.

UNICITYBALANCE

Unicity's flagship products for more than 20 years have been the Bios Life formulations, which are based on a proprietary and proven fiber matrix. The latest iteration of this proven blend is Unicity Balance. When taken consistently and correctly, it will support balanced blood sugar levels and cholesterol levels, promote healthy digestion, and reduce fat reserves.



UNICITYMATCHA

Your life's ambitions should not be inhibited by physical fatigue or mental exhaustion. Unicity Matcha aims to energize your body and mind—giving you the vitality and clarity you need to fully experience life. This carefully selected, ceremonial-grade Japanese Chi-Oka Matcha is rich in antioxidants and other vital nutrients. It's formulated to increase energy and mental concentration, as well as burn fat.



UNICITYCOMPLETE

A delicious meal replacement, Unicity Complete infuses your body with high-quality protein—as well as natural fibers, vitamins, and minerals—to ensure a fit, energized, and well-nourished body. With only the best ingredients, Unicity Complete sustains your body with the daily fuel you need and helps jumpstart your metabolism. This careful combination will build lean muscle to sustain an active lifestyle.



UNICITYCLEANSE

A powerful purifying system, Unicity Cleanse contains natural cleansing and digestive health products to neutralize and dislodge toxins, waste, and parasites and remove them from your body. Containing **UNICITYLIFIBER**, **UNICITYPARAWAY PLUS**, and either **UNICITYNATURE'S TEA** or **UNICITYALOE VERA**, Unicity Cleanse acts like a gentle brush—grabbing buildup and cleansing your entire digestive system.

