

An updated Feel Great: 1 Balance, 2 Unimate daily

Unimate is a powerful staple in our Feel Great program and the metabolic and well-being benefits it offers are vast. We at Unicity make an effort to continually study our products and discover the hidden benefits that may exist. Recent studies with Unimate have shown just how much Unimate can support insulin sensitivity, metabolic health, energy production, and overall weight management.

In addition to validating this approach with our own internal research, we've outlined some of the newer findings of Unimate below, which explain why we have added an extra Unimate each day to the Feel Great regimen.



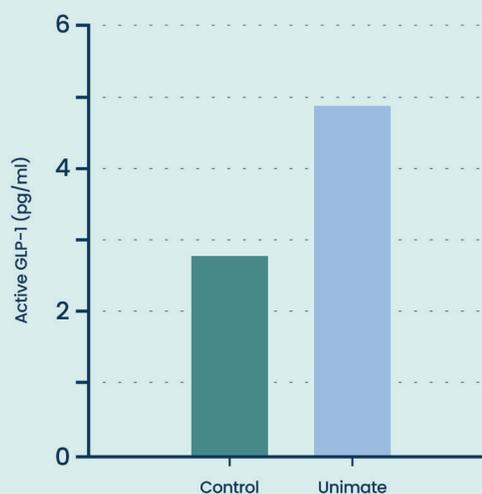
Unimate supports natural GLP-1 production

GLP-1 is a peptide hormone produced in the intestines in response to food intake. Its primary function is to regulate blood sugar levels and slow digestion to help you feel fuller, longer.

There is a lot of buzz surrounding injectable weight-loss drugs called GLP-1 agonists. These drugs, originally created for the treatment of diabetes, are often now provided for weight loss. GLP-1 agonists work by mimicking the natural function of GLP-1 in the body. However, it's becoming clear that the side effects may not be worth it for long-term users.

In a recent study, GLP-1 production was measured in subjects fed Unimate and a control group given water. Unimate subjects had a much higher production rate of natural GLP-1 production.

As the world learns more about GLP-1, based on the popularity of synthetic drugs, it's become clear that naturally stimulating this beneficial hormone could be invaluable in improving metabolic health.



In a recent four-week study comparing one group that drank Unimate and another that drank just water, Unicity scientists found that Unimate helps increase GLP-1 production.

Unimate supports weight management

Another recent study found a substantial effect on body weight over a four-week period. Results showed that the group that consumed Unimate did not gain any weight, while the control group steadily gained weight over the four-week period. Both groups maintained consistent dietary patterns.

Unimate supports overall weight-management goals, and because it doesn't break your fast, it also supports your intermittent fasting goals.

Unimate supports cellular energy production

An additional study proved Unimate consumption increases cellular energy production in skeletal muscle. The group that consumed Unimate had a significant increase in energy output compared to the control group that consumed water. The energy output at the cellular level can indicate improved metabolic efficiency as well as other benefits like endurance, stamina, and a boost of vitality.

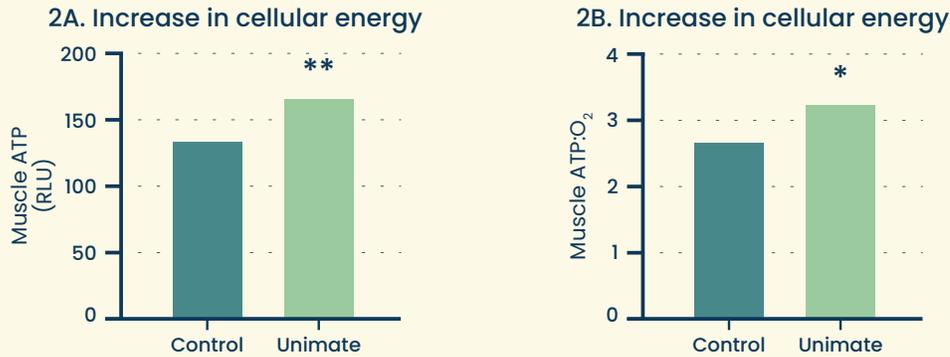


Figure 2. Unimate improves cellular energy production and efficiency in skeletal muscle. ATP concentration was quantified (A), and ATP production relative to oxygen consumption (B) was calculated (N = 6 per group). * p < 0.05, ** p < 0.01.

What's changing for Feel Great

With these important Unimate findings, we've upgraded the Feel Great program to enhance its benefits and make your experience even better.

Here's a sample of what your day might look like on the updated Feel Great.

7–9 a.m.

Start your day with Unimate to boost your morning's focus and energy without breaking your fast.

11–4 p.m.

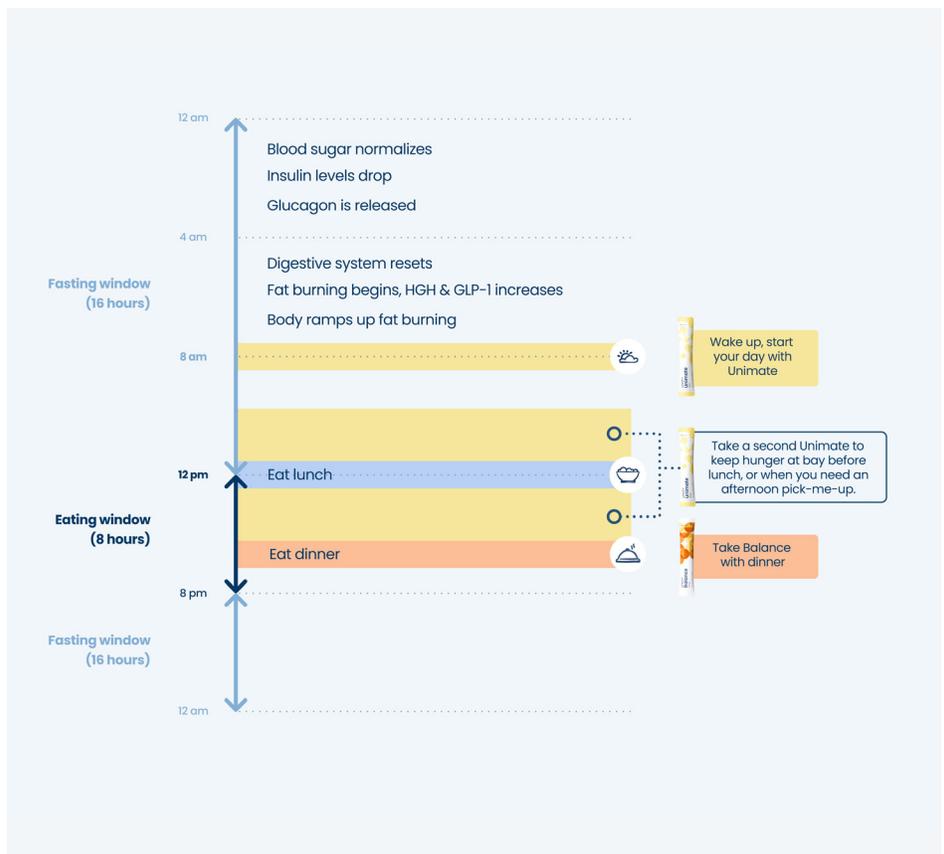
Have Unimate again before or with lunch to support satiety, or as an afternoon pick-me-up, before your workout, or anytime during your eating window!

6–8 p.m.

Drink Balance with dinner (or your heaviest meal of the day) to slow the impact of the carbohydrates you consume.

8 p.m.

Start your fast after dinner and wait 16 hours until your next meal.





What research supports taking Unimate more each day?

Several external studies suggest greater benefits can be realized with multiple yerba mate servings daily. Reported usage on Feel Great suggests that Unimate is easy to take and that greater compliance maximizes results.

Why is natural stimulation of GLP-1 superior to synthetic GLP-1 medications like Ozempic?

The body's hormones are signals and should turn on in response to stimuli, cause a physiological response, and then turn off after it is completed. Pharma interventions use synthetic GLP-1 analogs to turn on the GLP-1 signal at a much higher level in the body, and it persists for a much longer period of time. This can result in undesirable side effects like nausea, vomiting, and reported gastroparesis where food movement is drastically slowed in the GI due to high levels of GLP-1 drugs. In contrast, the enhanced stimulation of the natural GLP-1 response when drinking Unimate is simply activating your body's natural hormone response.

Why did we change the suggested usage for Unimate?

When it comes to usability, Unimate is an easy product to add to your routine. It can be taken anytime with or without meals, as a snack, on the go, or during your fasting period. Additionally, research supports multiple daily servings of yerba mate increases GLP-1 naturally.

Why did we change the suggested usage for Balance?

Balance offers a significant fiber boost for most users. However, for some, consuming two servings daily may cause digestive discomfort and difficulty following the regimen. Feel Great users will still benefit from a single serving initially, with the option to increase to two servings once their body adjusts to the higher fiber intake.

When should I take Balance?

Take Balance with your heaviest meal of the day. Be sure it's your heaviest meal in terms of carbohydrate intake. For many people this is dinner, but lunch is also acceptable.

Can I still take Balance more than once a day?

Yes! Our current research suggests that two Unimate and one Balance are effective at supporting healthy blood sugar and overall metabolism. However, if you feel that an extra Balance would be helpful for you for added support, then please feel free to take it!

How much caffeine is in Unimate?

Because Unimate contains naturally occurring caffeine, the caffeine content in our ultra-purified extract can vary. However, we test each batch to establish a range. Our Unimate typically contains between 80-120 mg of caffeine per serving.

What if I'm sensitive to caffeine?

Caffeine sensitivity can vary greatly among individuals. If you are sensitive to caffeine or do not consume it regularly, we recommend starting with 1 to 1.5 packets of Unimate per day and gradually increasing the dosage as needed. Unimate offers incredible benefits for boosting body and mind energy, which can make falling asleep challenging for some if consumed too close to bedtime. Therefore, to make the most of its energizing effects, we suggest enjoying Unimate earlier in the day!