



Attributes	Unicity Balance Orange	Sugar-Free Metamucil Orange	Which is better?
Active ingredients	<ul style="list-style-type: none">Active ingredients present in Balance are guar gum, gum arabic, locust bean gum, citrus pectin, oat fiber, beta glucan, plant-derived polysaccharides, phytosterols, policosanol, and a vitamin and mineral blend (vitamin A, C, E, B1/thiamin, B2/riboflavin, B3/niacin, B6, B9/folic acid, B12, biotin, calcium, zinc, and chromium)Contains natural and artificial flavors, orange juice powder, maltodextrin, citric acid, and sucralose.	<ul style="list-style-type: none">Active ingredient present in Metamucil is psyllium huskContains natural and artificial flavors, maltodextrin, citric acid, aspartame, and Yellow 6 (synthetic color)	<p>Unicity Balance</p> <p>Metamucil relies heavily on only one active ingredient, while Balance utilizes a synergy of multiple bioactive compounds to deliver on its promise to make life better by helping to curb appetite, reduce the impact of carbs on the body, and support weight-management efforts. Furthermore, Balance doesn't use artificial colorants, which, according to the scientific community, can have negative effects on consumers.</p>
Sources of fiber	<ul style="list-style-type: none">Guar gumGum arabicLocust bean gumCitrus pectinOat fiberBeta glucan	<ul style="list-style-type: none">Psyllium husk	<p>Unicity Balance</p> <p>Balance contains a wide variety of fibers, providing the microbiome with diverse prebiotics to better feed the beneficial bacteria that resides in the gut.</p>

Usage

- Serving size: 1 packet
- Water: 8–10 oz. water
- Recommended use: Consume twice daily 10–15 minutes before two largest meals for optimal benefits.

- Serving size: 1-2 rounded teaspoons
- Water: 8+ oz. water
- Recommended use: Consume 1–3 times per day for optimal benefits.

Unicity Balance

Balance serving sizes are pre-measured to ensure you get consistent results with the maximum benefits.

Mechanism of action

- 4 g total fiber
- 4 g soluble fiber
- 6 different plant sources
- Phytosterols, policosanol, viscosity-increasing plant polysaccharides, chromium, antioxidant vitamins A, C, E, and other general health-supporting vitamins and minerals

- 3 g total fiber
- 2 g soluble fiber
- 1 plant source

Unicity Balance

Balance’s well-rounded formula delivers more fiber per serving, with a variety of other ingredients that support metabolic health and improve results.

Product characteristics



High viscosity coats your stomach (like it does in the glass, pictured) for maximum benefits and less carbohydrate impact on the body.



Low viscosity (doesn’t coat as much), meaning it will have little overall benefits against carbohydrate impact on the body.

Unicity Balance

The viscous consistency of Balance shows the fiber mechanism of absorption. The fiber sources are ready to absorb the sugars and carbohydrates in your meal and promote regularity.

Certifications



Unicity Balance

Side effects

Individuals may experience changes in bowel habits, minor bloating, or other digestive discomfort as the body adjusts to increased fiber intake.

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Additionally, Metamucil contains Yellow 6, an artificial color the FDA has classified as a "color additive of questionable safety" due to its reported association with a variety of negative side effects.

Unicity Balance

While Balance and Metamucil share similar GI side effects, Balance contains no artificial colors or additives, which means no additional or unnecessary side effects.

Supports healthy total cholesterol, LDL cholesterol, non-HDL cholesterol, and triglyceride levels



Comparable

Psyllium husk, the main ingredient in Metamucil, is effective in these areas. However, the phytosterols, policosanols, and viscosity of Balance make Balance a better choice.

Supports healthy post-prandial (post-meal) glucose levels



Comparable

Helps control appetite between meals



Unicity Balance

While Balance and Metamucil share similar benefits, Metamucil recommends two servings for optimal results, whereas Balance only recommends one.

Helps trap and remove waste



Comparable

Helps maintain healthy blood sugar levels



Comparable

Contains phytosterols (helps reduce cholesterol absorption)



Unicity Balance

Phytosterols contain additional heart health benefits, including reducing bad cholesterol absorption.

Contains policosanols (promotes heart health)



Unicity Balance

Policosanol is known to assist in the breakdown of LDL cholesterol and further promote the health of the heart with improved blood pressure over time.

Contains artificial colors



Unicity Balance

The color in Balance comes from natural orange juice powder.

Patents

Unicity Balance received US patents in 1989 (US patent 4,824,672) and 2005 (US patent 6,933,291 B2) for the unique blend of ingredients and methods for lowering cholesterol.



Unicity Balance

This proprietary formulation has a unique mechanism of action and has been awarded patents as well as continued recognition for new patent awards. This blend has been shown to support metabolic health.