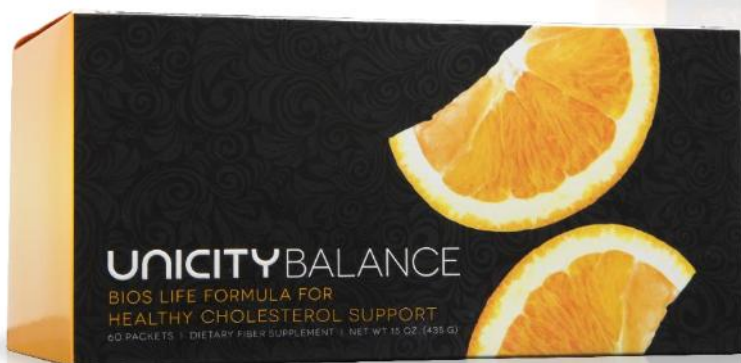


# BALANCE INFO PACK



**UNICITY**™

# BIOS LIFE BALANCE™



## MECHANISMS OF BALANCE

### 1. Bios Life Balance™ Reduces Your Appetite

Bios Life Balance contains a patented fiber matrix that forms a soft gel solution in your stomach. This creates a feeling of 'fullness' which reduces your appetite and prevents overeating. When taken before a meal, this also slows absorption of the food you eat. This simple concept is helping people feel full sooner and eat less.

*"I think the most significant thing about Bios Life Balance—besides the wonderful weight loss—is the fact that I don't have those evening cravings. Being able to eat a modest dinner and then not thinking about food is just amazing to me."*

Jennifer Birge, MS, RD, CDE - Registered Dietitian/Diabetes Educator

### 2. Bios Life Balance Absorbs and Removes Fat

The patented fiber matrix found in Bios Life Balance binds with the fat from the food you eat. This reduces the amount of fat being absorbed by your body and safely removes it from your system.

*"My 15 year old son decreased his body fat from 36% to 18%." Richard Jordan*

### 3. Bios Life Balance Promotes Your Body's Fat Burning Ability

Taking Bios life Balance before a meal slows the rate glucose is released into your bloodstream, which reduces the amount of insulin the body needs. With lower insulin levels your body enters a "Fat Burning Zone" that allows you to burn the fat stored in your fat cells.

*"Being able to reduce body size, reduce blood lipids, and reduce blood glucose...Bios Life Balance is a complete package for my patients with diabetes." Judy Gilman, RN, FNP-BC, CDE - Family Nurse Practitioner/Diabetes Educator*

### 4. Bios Life Balance Decreases Leptin Resistance

Leptin is one of the communication links between your fat cells and your brain. When working properly, the brain stops craving food when it senses adequate leptin in the body. After taking Bios Life Balance regularly your fat cells and brain begin to communicate again, reducing cravings and appetite, increasing energy and ultimately leading to fat loss.

*"What makes Bios Life unique is its ability to lower leptin resistance. This is not found in any other product." - William R. Work MD, ABFP, ABAARM - Family Medicine*

### 5. Bios Life Balance Lowers Your Triglycerides

Triglycerides are a type of fat found in your blood. High triglyceride levels increase your risk of heart attack, stroke, diabetes, and obesity. Bios Life Balance has been clinically proven to reduce triglyceride levels by an average of 40 percent in just 60 days. What's more, recent studies indicate that high triglyceride levels can block leptin from reaching the brain. By reducing triglyceride levels, leptin is able to cross into the brain and your body then gets the signal to stop storing and to start burning fat.

### 6. Bios Life Balance Improves Your Cholesterol Levels

It is well known that high LDL or bad cholesterol and low HDL or good cholesterol increase the risk of heart attack and stroke. New research shows that high LDL levels also contribute to obesity and weight gain. On average, Bios Life reduces LDL 31% and increases HDL 29%. Bios Life has been clinically proven to help restore and maintain healthy cholesterol levels 4 ways without adverse side effects:

1. **Fiber** helps block the re-absorption of cholesterol from the intestines
2. **Plantsterols** block the absorption of cholesterol from food
3. **Policosanols** reduce cholesterol production by the liver
4. **Chrysanthemum** enhances enzymatic breakdown and helps remove LDL cholesterol from the body



# BIOS LIFE BALANCE™



## Instructions

Drink your Bios Life Balance 5-15 minutes before meals twice daily.

If you forget, take it when you remember.

*\*The only time Bios Life Balance does not work is when it stays in the box!*

**SHAKE your Bios Life Balance well... do not stir it!**

Use a minimum of 8-12 ounces of water and drink immediately all at once.

You can determine your desired consistency using the amount of water most enjoyable for you.

(No carbonated beverages.)

**Low fiber eaters may experience temporary changes in their digestive system.**

Reduce to 1/2 packet once per day. As your body adjusts to the “unique” fibers, increase every few days by 1/2 packet until you reach two full packets daily.

Increase your fluid intake. Fiber is like a sponge absorbing moisture in your system.

If you have IBS (Irritable Bowel Syndrome), Bios Life Balance will be very therapeutic. Start very slowly with 1/2 packet in 6-8 ounces cold water for several days and increase based on digestive comfort.

### Bios Life Balance and Prescription Medications

If a medication is recommended to be taken with food, it is okay to drink Bios Life Balance at the same time. If the medication is recommended to be taken on an empty stomach, take your medication 1 hour before or 4 hours after drinking your Bios Life Balance.

If taking a cholesterol medication, do not stop it!

Speak to your healthcare provider. Stopping a medication may cause a rebound elevation in your cholesterol. Use the Bios Life Balance with your medication and have your healthcare provider reduce your dosage accordingly.

If you are on diabetic medication, monitor your blood sugar to detect any low levels.

Report to your healthcare provider so appropriate adjustments can be made to your dosage

**Bios Life Balance is a 90 -120 day commitment!**

### For Accelerated Results:

- Drink Bios Life Balance 3 times per day before a meal.
- Use the Unicity Complete Meal Replacement to substitute one meal per day
- Enroll in the 90 Day Prime Challenge



# BIOS LIFE BALANCE<sup>TM</sup> and MEDICATIONS



## Thyroid Medication

Most Thyroid Medication has to be taken on an empty stomach. Treat Bios Life Balance just as you would food. Take your Thyroid Medication one hour before Bios Life Balance (or eating) and at least four hours after taking Bios Life Balance (or eating).

## Blood Thinners

There is no vitamin K in Bios Life Balance to alter the INR level of patients on Coumadin/Warfarin therapy. As long as your blood thinning medication can be taken with food, you can take Bios Life Balance. If it needs to be taken on an empty stomach, take one hour before or four hours after taking Bios Life Balance (or eating)  
\*\*If you have had difficulty managing your INR level on Coumadin/ Warfarin check with your physician first prior to starting Bios Life Balance.



## Reflux “Gerd” Medications

Bios Life Balance has been shown to promote digestive function. There are 5 different types of fiber in Bios Life Balance that form a gel matrix in your stomach after being ingested. This “thickening” of liquid or gel formation actually makes it more difficult for your upper digestive track to regurgitate the contents of the stomach. By taking Bios Life Balance along with your Gerd medications, you may see even less reflux symptoms.

## Cholesterol Medications

Bios Life Balance CAN BE taken as an adjunct therapy with other cholesterol medications.

For people with normal cholesterol, but with a family history, they will use Bios Life Balance to prevent the development of abnormal cholesterol

As a primary natural treatment for those who have mildly, abnormal cholesterol.

In combination with other cholesterol-lowering medications to potentially decrease the amount of statin medications, thus decreasing the risk of potential side effects.

*If you are currently taking cholesterol medications and starting Bios Life Balance, DO NOT STOP your cholesterol medication. Abrupt discontinuation of statin or other cholesterol-lowering agents can cause a drastic increase in one or more of the cholesterol profile components.*



# BIOS LIFE BALANCE™

## FAQs



**Q. How much is it?**

A. Each packet ranges from \$1.60 to \$2.00 depending on your method of purchase. Recommended dosage is 2 times per day. Each box contains 60 packets, a one month's supply.

**Q. Can I use it more than 2 times per day?**

A. Some people enjoy using Bios Life Balance 3 times per day because it helps them achieve their goals faster. Especially weight loss and blood sugar stabilization.

**Q. What happens if I only use my Bios Life Balance once per day?**

A. Your weight loss and target cholesterol/blood sugar goals will be reached at a slower pace.

**Q. How do I get my Bios Life Balance every month?**

A. The Franchise Partner that helped you obtain your first box can establish a special preferred customer account for you. This will enable you to receive it directly from the Company at a 15% discount. It is wise to choose the Auto- Refill option so you will also be entitled to FREE Shipping.

**Q. How long will I need to stay on Bios Life Balance?**

A. The minimum time is 90-120 days. When you purchase your first box, the office staff will assist you in completing a preferred patient auto refill form, entitling you to the Preferred Patient discount. This protects you from running out of your supply of Bios Life Balance.

**Q. Are there any side effects?**

A. Bios Life Balance is not a medication. It is a food-based supplement. Some people with low fiber diets may experience 1-2 days of mild digestive adjustment. It is best to start slowly using only one half packet per day 2x a day (mixed with 8 oz or 8-10 oz ounces cold water) and gradually increasing to a full dosage of 2 full packets per day over a 5-7 day period or sooner if comfortable.

**Q. When is the best time to take Bios Life Balance?**

A. To be most effective, take it 5-15 minutes prior to your two largest meals. SHAKE WELL. DO NOT STIR!

**Q. What if I forget to take Bios Life Balance before my meal?**

A. The most important thing is to take your Bios Life Balance TWICE A DAY, EVERYDAY. If you forget before your meal, take it with your meal, or drink it as soon as you remember, even if it is after the meal. The only time it does not work is when it stays in the box!

**Q. Once I reach my goals, is there a maintenance program?**

A. The maintenance is simple... continue to eat a healthy diet, exercise regularly and take Bios Life Balance once per day. If you get off track it is easy to increase Bios Life Balance to twice per day until you find you are back at your healthy goal weight. You may also consider drinking the **Unicity Complete** as a Protein Meal Replacement for breakfast and the **Unicity Matcha** to improve metabolism.

**Q. Can kids use Bios Life Balance?**

A. Yes, it is safe for children. Take into consideration the age and size of the child. It often works well to start with a half packet and titrate up as tolerated to twice daily. It is suggested to take the child's age +5 to determine how many grams of fiber the child should have minimally each day. EXAMPLE: If a child is 6 years old, that child needs 11 grams of fiber in their daily diet. Therefore, it is safe for them to use two full packets per day.

**Q. What is the difference between the two different Bios Life Balance Formulas?**

\*Each version of Bios Life has their own unique fiber ingredient blend addressing different concerns.

A. One formula is for weight loss, fat loss, and cholesterol, improvement of HDL, LDL, triglycerides, and blood sugar levels. The other formula is for weight loss, fat loss, and aggressive glucose management for blood sugar concerns.

# BIOS LIFE BALANCE™

## Product Information Summary



INGREDIENTS	NUTRIENTS	AMOUNT PER SERVING	MEC			
Biosphere Fiber™	Guar Gum Locust Bean Oat Fiber Beta Glucans	Gum Arabic Citrus Pectin Maltodextrin	4 grams	A patent blend of 5 highly soluble fibers combined with mineral carbonate that quickly forms a fiber matrix in the digestive tract.		
Nutra Fiber™ (Only Balance Glucose Formula)	Proprietary blend of plant derived polysaccharides, Orange Juice Powder Flavor Blend, Calcium Carbonate Stevia, Citric Acid			Proprietary blend of Nutrafiber is used specifically for it's role in advanced blood glucose management. Due to it's physiochemical properties, this fiber super-hydrates adding extra viscosity to the overall fiber matrix increasing it's ability to moderate glucose and insulin levels.		
Unicity 7X™	Proprietary blend of plant derived polysaccharides, Flavor - Orange Juice Powder with Citric Acid and Sucralose			Helps restore the brains sensitivity to Leptin* This decreases appetite and cravings and increases metabolism which is a key to FAT LOSS.  Leptin* is a hormone produced by fat cells which helps regulate appetite and metabolism.		
Bios Cardio Matrix™				On average lowers LDL 31%, raises HDL 29% and Triglycerides 40% Lowering LDL facilitates fat burning.		
Phytosterols	Soybean Extract Sunflower Extract		1 gram per serving*	Blocks food-based cholesterol from being absorbed into the bloodstream by blocking the cholesterol transport mechanisms in the intestinal tract.  *Foods containing at least .65g per dose of phytosterols (plant sterol esters), taken twice a day with meals for a total daily intake of 1.3g may reduce the risk of heart disease associated with high cholesterol levels and are recommended by the NCEP guidelines.		
Policosanol	Sugar Cane Extract		6 mg	Lowers LDL by inhibiting HMG-CoA reductase without the unwanted side effects of statin medications. Reduces LDL oxidation and platelet aggregation.		
Chrysanthemum Morifolium	Chrysanthemum Extract		12.5 mg	Activates an enzyme called 7-alpha hydroxylase that removes LDL cholesterol and converts it into bile		
Bios Vitamin Complex™	Beta Carotene		750 IU	15%	Antioxidants that help prevent Lipid and LDL oxidation and strengthen the immune system.	
	Vitamin C (Ascorbic Acid)		45mg	75%		
	Vitamin E (d-alpha-tocopheryl)		20 IU	67%		
	Chromium Polynicotinate		100 mcg		84%	Enhances effectiveness of insulin-reduces blood glucose levels.
	Calcium Carbonate		60 mg		6%	Provides for gel-like matrix formation in the digestive tract which delays absorption of food, especially carbohydrates.
	Bios Vitamin B Complex		2 mg		134%	Powerful B complex that helps breakdown nutrients into energy.  Biotin helps metabolism and use of free fatty acids for energy
	B1 Thiamin		2 mg		118%	
B2 Riboflavin		26 mcg		130%		
B3 Niacin		7 mg		350%		
B6 Pyridoxine		20 mcg		7%		
B7 Biotin		220 mcg		55%		
B9 Folate		25 mg		417%		
Zinc Gluconate		233 mg		16%	Essential for cellular health	
Selenium		3 mcg		5%	May inhibit LDL	