

# UNICITY

PRODUCT CATALOG



# Prime Health

The mission of Unicity is to help you reach the prime of your life. 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.

*"I finally feel comfortable and satisfied with myself. My only regret is that I did not start earlier."*

– Nina Palmer

## THREE STEPS TO PRIME 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 Core

Unicity's core products—**UNICITYBALANCE**, **UNICITYCOMPLETE**, **UNICITYMATCHA**, and **UNICITYCLEANSE**—are the foundation to improved overall health. When taken consistently and correctly, these products will help you optimize your blood sugar levels, lose weight, and have the energy you need to achieve your aspirations.

*"The road is not as difficult as we imagine. The products allow me to achieve my vision, to be more active, and to be pain free."*

— Sherina Rivera



## UNICITYBALANCE

Based on the patented, clinically proven Bios Life formula, Balance is a revolutionary natural fiber supplement with a wide range of benefits.

To get the full benefits of the product, mix a Balance sachet with 8 to 10 ounces of water and drink immediately 10 to 15 minutes before your two biggest meals of the day. Doing so will help:

- Curb hunger so you eat less and feel full longer
- Promote optimal fat loss
- Slow glucose absorption into the blood stream
- Offset the carbohydrates you eat
- Support healthy cholesterol and triglyceride levels

### UNICITY BALANCE FOR CHOLESTEROL SUPPORT

60 sachets | **26550**

### UNICITY BALANCE FOR GLUCOSE SUPPORT

60 sachets | **26551**



## UNICITY COMPLETE

Complete is a high-end protein meal replacement, including natural fibers, vitamins, and minerals to ensure a fit, energized, and well-nourished body.

Whether blended each morning with fresh fruit, or shaken up with a nice tall glass of milk, two scoops of Complete will help:

- Provide 20 grams of high-quality protein, as well as beneficial fiber, to keep you feeling full, build lean muscle mass, and provide energy without causing large spikes in insulin
- Ensure you're getting 100% of your recommended daily intake for many essential vitamins and minerals

20 sachets | **26555**

30-day bulk bag | **26554**

## UNICITY MATCHA

This Chi-Oka blend, rich in antioxidants and other vital nutrients, provides a natural source of energy and improved mental clarity.

Whenever you need it, mix a sachet of Matcha and enjoy. Doing so will help:

- Increase alertness and focus
- Add vitality and harmony to your mind and body
- Relieve stress and improve concentration
- Contribute to normal, energy-yielding metabolism
- Contribute to the protection of cell constituents from oxidative damage

### MATCHA FOR NATURAL ENERGY

30 sachets | **26552**

### MATCHA FOR NATURAL FOCUS

30 sachets | **26553**



# Unicity Cleanse

Cleansing your body on a regular basis ensures it is running efficiently and absorbing the right nutrients. **UNICITYCLEANSE** is a complete system which gently rids your body of toxins that build up over time.



## UNICITYCLEANSE

Cleanse is a powerful 30-day system containing a carefully chosen combination of all-natural cleansing and digestive health products to neutralize and dislodge toxins, waste, and parasites and remove them from your body. When you order Cleanse, you will receive **UNICITYLIFIBER**, **UNICITYPARAWAY PLUS**, and either **UNICITYNATURE'S TEA** or **UNICITYALOE VERA**.

Using Cleanse will help:

- Clear your body of toxins and other wastes
- Promote overall digestive health
- Safely and naturally stimulate regularity
- Provide both soluble and insoluble fiber
- Support a healthy immune system
- Jumpstart your weight loss

With Aloe Vera | **26557**

With Nature's Tea | **26556**



# A new product from Unicity

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. Each iteration of Bios Life products serves a unique purpose to help individuals meet their health goals. **UNICTYSATISFY** is the latest formulation from Unicity, and is a new approach to how Bios Life can help you reach your prime.

UNICITY SATISFY



## UNICITYSATISFY

A new Bios Life formulation to help manage your glucose and get you through the day, Satisfy is a delicious chocolate drink that can be taken as a dessert, to satisfy your post-meal craving, or at any point throughout the day, to satisfy your mid-day hunger. Mix with water or milk and enjoy.

15 sachets | **26558**



UNICITY.COM

# Unicity Nutrition

Your body has a tendency to use the most readily available source of energy first. So if you snack throughout the day, your body has no reason to tap into its fat reserves for energy. Following the 4-4-12 Principle is a simple way to ensure 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 fat.

## LIVING THE 4-4-12 PRINCIPLE

There are three simple steps to following the 4-4-12 Principle and reaping the benefits:

4

**STEP ONE** Eat a high-protein breakfast of Complete, and then wait at least 4 hours to eat lunch.

4

**STEP TWO** Drink Balance 10 to 15 minutes before eating a healthy lunch, and then wait at least 4 hours to eat dinner.

12

**STEP THREE** 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 or Satisfy will not only help you feel revitalized, but it will help keep you hydrated as well.

## NUTRITIONGUIDE

Foods high in refined carbs and high in sugar have a more harsh impact on your body's blood glucose levels, so stick with foods with a more moderate impact. The following list gives you a brief overview of the types of foods you should eat regularly, those to eat in moderation, and those to avoid:

### FOODS TO ENJOY (LOW GLYCEMIC IMPACT)

Fish  
Poultry  
Lean Beef  
Pork  
Green Vegetables  
Legumes  
Dairy  
Cheese  
Berries  
Citrus Fruits  
Apples  
Peaches  
Pears  
Tomatoes  
Nuts  
Raw Grains  
Herbs


### FOODS TO EAT IN MODERATION (MEDIUM GLYCEMIC IMPACT)

Sweet Corn  
Yam  
Beets  
Squash  
Pumpkin  
Grapes  
Bananas  
Melons  
Long Grain Rice  
Whole Grain Breads  
Oatmeal

### FOODS TO AVOID (HIGH GLYCEMIC IMPACT)

Starchy Vegetables  
White Potatoes  
Watermelon  
Refined Grains  
White Bread  
Sugary Cereals  
All Processed Foods



A black and white photograph of a woman with long dark hair, wearing a dark tank top with the word 'UNICITY' on it and dark shorts, running towards the right. In the background, there are several large white wind turbines on a grassy hillside under a bright sky.

*“The Transformation took all of the important components of health and put them together. I am now the role model I need to be.”*

*– Lori Schultz*

# Unicity Transformation

In order to help you implement Unicity’s three steps to prime health, we have developed a 13-week experience to transform your whole life—helping you lose weight, improve your heart health, and look great. With the help of a personal coach and training materials, the Get Slim Now Transformation will give you the knowledge, skills, and tools you need to transform your body and maintain that success the rest of your life.

Transformation | **25135**

# Unicity Bios Life Classics

When Rexall Showcase International and Enrich International merged to form Unicity more than a decade ago, they brought with them more than 100 years of history and dozens of established products. One such product, Bios Life, has not only served as the foundation for new Unicity products, but has also remained as a flagship for Unicity in the form of Bios Life C and Bios Life 2. These products call back to Unicity's robust history and continue to serve as staples for loyal Unicity customers and Franchise Partners.



## BIOS LIFE C

Bios Life C is a vitamin-rich nutritional supplement containing a blend of soluble and insoluble fibers—formulated to help maintain healthy cholesterol and triglyceride levels, and promote a healthy cardiovascular system. When taken three times a day, Bios Life C provides nearly half of the recommended daily value of fiber. Fiber supplementation has been shown to decrease glucose levels and lower cholesterol.

60 sachet | **22888**

Canister | **22889**

## BIOS LIFE 2

Bios Life 2 is a nutrient-rich fiber drink mix containing a patented complex of soluble and insoluble fibers, vitamins, and minerals. A good source of dietary fiber, Bios Life 2 helps sustain healthy blood cholesterol and promotes a healthy cardiovascular system.

Natural Tropical Fruit | **21544**

Original | **6100**

Natural | **6104**

# Unicity Heart Health

The danger of not caring for the heart has deadly consequences. The Centers for Disease Control and Prevention report, "Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day." This is why it's so important to take care of your heart. Several Unicity products are specially formulated as a safe, natural way to support your cardiovascular system. These products are designed to promote heart health, provide proper nourishment, and maintain healthy blood pressure.



## CELLULAR ESSENTIALS PACK

Featuring Unicity's Cardio-Basics and Bio-C, this pack promotes cardiovascular health by nourishing cells with a special combination of vitamins, minerals, antioxidants, plant compounds, phytonutrients, and amino acids.

60 tablets each | **6200**



## CARDIO ESSENTIALS

This exclusive, powerful formula nourishes the heart's muscle tissue, supports healthy heart rhythm, and helps the heart maximize its use of energy.

180 capsules | **15271**



## OMEGALIFE-3

A simple, safe, and convenient way to get omega-3 fatty acids is from high-quality pharmaceutical grade fish oil supplements.

120 capsules | **25115**

# Unicity Digestive Health

Health comes from your body's ability to digest nutrients and eliminate waste. The more efficiently your body performs these functions, the healthier you are likely to be.



## PROBIONIC

ProBionic is an exclusive new probiotic formulation that includes different strains of beneficial bacteria. Maintaining your body's natural balance of friendly bacteria is one of the primary keys to long-term good health and well-being.

30 stick packs | **25880**



## ENZYGEN PLUS

Enzygen Plus combines a proprietary enzyme blend to aid in the break down of fats, carbohydrates and protein and promotes proper digestion. Also contains a special blend of blue green algae and CereCalase - another proprietary enzyme blend.

90 capsules | **22747**



## INTERN OL

This homeopathic remedy provides relief from stomach acidity, heartburn, and indigestion. Its safe, effective ingredients neutralize stomach acid and stimulate the digestive system to restore balance. Intern-Ol conveniently delivers natural medicine through chewable tablets and is nontoxic and free of side effects.

48 tablets | **25246**

# Unicity Anti-Aging

Don't accept memory loss, diminished energy, weakness, or poor vision as inevitable consequences of aging. These symptoms can be addressed through improved lifestyle choices, including better nutrition. These Unicity products provide nutritional support for age-related concerns including: eye health, sufficient vitamins, adequate sleep, energy production, free radicals, blood circulation, and more. It's never too early to start health habits and combating the effects of aging.



## CLEAR THOUGHTS

This supplement provides several nutritional ingredients that promote memory and thinking power.

60 capsules | **0960**

## COGNOBLEND ADVANCED FORMULA

CognoBlend Advanced Formula helps neurons maintain healthy cellular energy production by promoting healthy mitochondrial function, scavenging free radicals, and promoting healthy blood circulation to the brain.

120 capsules | **23728**

## ENJUVENATE

With unique anti-aging properties, EnJuvenate™ is a rich chocolate drink that supports lean muscle mass and enhances your feelings of vitality and well-being.

12 servings | **20982**

# Unicity Personal Care

True beauty is revealed naturally through fresh botanical extracts and potent nutrients, all used in original and effective combinations. Our passion for purity drives us to select the most pristine natural ingredients available and never settle for unhealthy fillers or cheap substitutes. You will see and feel the therapeutic difference through 100% natural aromas and unique formularies of botanicals and nutrients in our extensive range of personal care products. Let us help you reveal your inner beauty through our pure and healthy approach. Nurture your inner glow by combining the power of nature with the best of science.



## BE™ COMPLETE SYSTEM

### FOR NORMAL TO OILY SKIN

System | **17839**

**Includes the following six products:**

Foaming Cleanser | **17830**

Mattefying Refiner | **17832**

Day Veil™ Lotion | **17835**

Night Nourishing Lotion | **17837**

Day Energy™ Serum | **17833**

Night Recovery Serum | **17838**





## BE™ COMPLETE SYSTEM

### FOR NORMAL TO DRY SKIN

System | **17840**

Includes the following six products:

Creamy Cleanser | **17829**

Hydrating Refiner | **17831**

Day Veil™ Crème | **17834**

Night Nourishing Crème | **17836**

Day Energy™ Serum | **17833**

Night Recovery Serum | **17838**

## Additional Unicity Products

### Anti-Aging

**Liver Essentials™** A proprietary formula that promotes the health of the liver, bile ducts, and spleen. Provides antioxidant protection and helps stabilize cell membranes.  
15880 | 90 capsules

**Optimal Performance™** Several potent botanical and mineral nutrients help naturally boost energy levels and increase stamina, endurance and alertness.  
0622 | 60 tablets

**PhytoPath®** Grape seed and maritime bark extracts support the skin, eyes, and metabolic systems; beta carotene helps protect cells; vitamin E reduces free radical damage to the heart and other organs; and vitamin C strengthens connective tissue. Additional ingredients include green tea, quercetin, citrus bioflavonoids, and extracts of pomegranate, apricot, nectarine, and prune skin.  
14785 | 90 capsules

### Bone & Joint Health

**BM&C™ Plus** This regenerative herbal formula helps reduce tissue inflammation, nourish ligaments and tendons, and strengthen the body against infections.  
15712 | 100 capsules

**Calcium-Magnesium Complex™** To nourish the bones, this unique, powdered calcium/magnesium drink absorbs fast and deep into the body.  
11395 | canister

**MSM™ Complex** A source of sulfur to naturally support the immune system and play a major role in the formation of enzymes and hormones that control body activities.  
13608 | 120 capsules

**Osteo Essentials®** This proprietary blend of glucosamine, calcium, manganese, and other nutrients helps support and rebuild cartilage and bone.  
4057 | 180 tablets

### Daily Nutrition

**Core Health®** Basics Replenish low mineral, vitamin, and electrolyte levels with Core Health Basics to keep your body in optimal condition.  
19840 | 60 tablets

**Megamins™** Mixed into your daily juice or sprinkled on a salad, this supplement helps supply the trace minerals you need for optimum health.  
0415 | 2 oz. bottle

**Soy Protein** Contains powerful natural nutrients called phytoestrogens—plant-derived non-steroidal compounds that possess estrogen-like biological activity. Helps reduce the symptoms of menopause. Soy protein is also good for the heart. The FDA has stated that diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.  
15726 | canister

### Digestive Health

**ChloroPlasma® Plus** A perfect blend of enzymes and blue green algae, this natural blend offers the best available quality and ingredients for ultimate nutritional support.  
22745 | 60 capsules

**Enzygen® Plus** A proprietary enzyme blend to aid in the breakdown of fats, carbohydrates, and protein and promote proper digestion. Also contains a special blend of blue green algae and CereCalase™, another proprietary enzyme blend.  
22747 | 90 capsules

**LifAloe™** Pure Aloe Vera blended with licorice root, ginseng, and ginger root, this delicious drink helps cleanse your digestive tract and supports your immune system.  
25803 | 20oz bottle

# Additional Unicity Products

## Fitness

**MyoCap™** A post-workout recovery formula containing an exclusive blend of nutrients that promote recovery after training and exercise. MyoCap helps release energy for cellular regeneration and provides antioxidants to fight against the free radicals that result from workouts. 21679 | 60 capsules

**Power Generation™** Features an effective herbal blend to boost your athletic performance while promoting optimal physical energy and mental focus. 21420 | 80 capsules

## Heart and Cardiovascular Health

**Vascular Complete®** This unique product has been specifically formulated with nutrients known to optimize the health of blood vessels by promoting blood vessel elasticity, strength, and efficiency. Vascular Complete provides nutrients and cell repair factors to optimize the function of blood vessels and the entire cardiovascular system. 0988 | 90 tablets

**Vitamin B Complex with Vitamin C** This formula helps improve energy levels, nourishes the nervous system, and provides support for handling stress. 18373 | 30 tablets

## Immune Health

**Aller Release™** Supports the respiratory and immune systems so you can breathe easier during seasonal changes. Nettle leaves, perilla seed, quercetin, and other ingredients help your body resist irritants such as pollen, dust mites, and mold. This natural alternative won't cause side effects associated with over-the-counter allergy medications. 21022 | 180 capsules

**Bee Pollen Capsules** Quality bee pollen increases feelings of vitality and well-being and is a rich source of beneficial amino acids. 0210 | 100 capsules

**Hawaiian Noni®** This concentrated fruit drink supports the body's respiratory, immune, digestive, and structural systems. 13117 | canister

**Native Legend Tea®** This traditional herbal blend helps purify the blood, nourish the urinary system, and support the gastrointestinal system. 18386 | 30 tea bags

**Nature Force®** This supplement combines the antioxidants in real food pigments and cruciferous vegetables with pure, high-quality antioxidant vitamins. 0667 | 60 tablets

**Red Clover Plus™ Caps** Special herbal extracts nourish, cleanse, and enhance the liver and intestinal tract. 17174 | 100 capsules

**Red Clover Plus™ Extract** Special formulation of herbal extracts that nourishes the body's ability to cleanse and enhances liver function. 2375 | bottle

**SIG™** Featuring echinacea, golden seal, burdock, dandelion, and other traditional herbal ingredients, SIG is a natural immune enhancer. Working together, these ingredients support the lymph glands, cleanse the blood, nourish the liver, and increase the body's defenses during the cold weather season. 15907 | 100 capsules

**Uña De Gato™** Nourishes the immune system, enhances white blood cell function, and promotes cardiovascular health. 11361 | 90 capsules

## Men's Health

**Men's Formula Plus®** Features a patented form of D-glucarate and other beneficial ingredients to nutritionally support men's health, including strengthening the immune system, increasing cellular health, helping the body remove toxins more efficiently, and nourishing the prostate and urinary tract. Additional ingredients include saw palmetto, beta-sitosterol, pumpkin seed, and citrus bioflavonoids. 15747 | 30 caplets

## Weight Management

**ChitoRich™** Natural ingredients such as desert cactus, ocean crustaceans, and Aloe Vera combine in this powerful supplement to reduce the absorption of fat and calories. 18910 | 180 capsules

**ChromaTone®** Contains gymnema sylvestre, papaya and chromium polynicotinate—a superior form of chromium. This more readily absorbed form of chromium helps maximize the body's natural ability to convert sugar into energy. 15916 | 90 capsules

**Contouring Cream** This light, non-greasy, quick-absorbing formula features a special delivery system to help minimize cellulite and reduce orange-peel appearance. 20518 | cream

**EqualLean®** White kidney beans, ginseng, and citric acid combine to reduce the absorption of carbohydrate calories and energize your body. 18908 | 240 capsules

## Women's Health

**SKB™** This supplement contains a unique blend of ingredients that nourish the urinary system, especially the kidneys and bladder. 15911 | 100 capsules

**Wild Yam Cream** This topical cream delivers wild yam and soy extracts that naturally help balance the female reproductive cycle, as well as additional botanical extracts that moisturize the skin. 12230 | cream

**Women's Formula Plus™** Scientifically formulated with an exclusive, patented form of D-glucarate and other beneficial ingredients, this supplement promotes cellular health, helps maintain bone density, and assists the body in eliminating toxins that threaten breast health. 0963 | 60 caplets

# READY TO TRANSFORM YOUR LIFE?

SEE PAGE 16 TO LEARN MORE.



*"I cannot tell you the peace of mind I have. My life has changed, and I want to make sure everyone knows it. I will always be grateful for Unicity."*

*– Tod Pettus*

## WAYS TO SHOP

- Go to [Unicity.com](http://Unicity.com) for fast, easy, and secure shopping.
- Call our toll-free order line (USA only):  
1-800-UNICITY 1-800-864-2489  
Monday – Friday 7:00 a.m. – 7:00 p.m. MT

**UNICITY**

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