

What is the PDR?



The Physicians' Desk Reference (PDR) is consulted by healthcare professionals millions of times each week, and the publication has been distributed to nearly 500,000 physicians and chief pharmacists throughout the United States. Ninety percent of healthcare professionals consider this reference their most important source of reliable information—they believe that it helps them make appropriate and informed decisions when it comes to advising their patients on which products to use.

UNICITY BALANCE

(Also known as Bios Life® Slim or Bios Life® S)
Formula for Healthy Cholesterol Support



DESCRIPTION:

Unicity Balance™ (also known as Bios Life® Slim or Bios Life® S) is a fiber-based, vitamin-rich nutritional supplement. Unicity Balance™ contains a blend of soluble and insoluble fibers, Unicity® 7× technology, phytosterols, policosanol, vitamins, and minerals that when combined with a healthy diet and exercise may lower total serum cholesterol, help achieve and maintain a healthy body weight and support overall metabolic health.

Unicity Balance™ is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Each serving of Unicity Balance™ contains 4 g of fiber from 6 sources to provide a truly unique fiber blend.

BENEFITS & RESEARCH:

It's estimated that Americans consume 10-12 g of total fiber per day, less than half the amount of the recommended daily intake.

Epidemiological and clinical studies have correlated high daily fiber intake with an improvement in metabolic health.

Unicity Balance™ is a nutritional supplement designed to increase fiber intake. Each serving of Unicity Balance™ contains four grams of fiber. When taken three times daily, Unicity Balance™ contributes half of the recommended daily value of fiber. Fiber supplementation has been shown to decrease preprandial and postprandial glucose levels, lower LDL cholesterol and apolipoprotein B levels, increase satiety, and facilitate weight loss.

Unicity Balance is a pre-meal drink with a proprietary fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help ease some of the impact that excess carbohydrates and cholesterol can have on the body. Balance is formulated to provide critical vitamins, soluble fibers, and minerals to help maintain normal blood sugar levels in the body and curb your appetite.

USAGE:

Dissolve the contents of one packet or one scoop into 8 to 10 fl. Oz. (240-300 mL) of liquid and stir vigorously. Drink immediately. Take with the largest meal of your day to slow the absorption of carbohydrates. For best results, combine with a form of intermittent fasting like 16:8.

SAFETY & WARNINGS:

People who do not have adequate fiber intake (like most of us) may experience effects originating from increased fiber intake. These effects may include loose stools, abdominal discomfort, constipation, or flatulence (gas formation). These are all normal effects of fiber in your diet, and are nothing to worry about. These effects will likely subside and disappear after a few weeks of using the product. If you would prefer, you can start by using a half dose of the product to allow your body more time to adjust. Always make sure that you drink adequate water with Bios Life S, as this can help to mitigate these effects.

HOW SUPPLIED:

Unicity Balance™ is packaged in single-serving packets.

REFERENCES:

Sprecher, DL and Pearce GL (2002), *Metabolism* 51: 1166-70.

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Slavin, JL, (2005) *Nutrition* 21: 411-418.

Delzenne NM, Cani PD, (2005) *Current Opinion Clinical Nutrition & Metabolic Care* 8: 636-640

Duenas, V; Duenas, J; Burke, E and Verdegem, PJE (2006), 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO.

Verdegem, PJE (2007), *Current Topics in Nutraceutical Research* 5: 1-6
US Patent 6,933,291.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

UNIMATE

Make Great Days the Rule, Not the Exception *



DESCRIPTION:

Yerba mate comes from a plant native to South America, where it has been consumed in community rituals for hundreds of years. Naturally rich in antioxidants and nutrients, yerba mate has been traditionally used to promote mental clarity, endurance, and appetite control, and an improved mood.

Unimate™ contains a proprietary yerba mate extract that enhances those beneficial effects. This drink contains naturally occurring caffeine and up to 10 times the amount of chlorogenic acid found in a premium cup of coffee. Unimate's yerba mate undergoes a unique five-step process—handpicking, fire roasting, extracting, concentrating, and purifying. The result is a powerful beverage that boosts the mood and heightens mental stamina, focus, motivation, and endurance.

BENEFITS & RESEARCH:

Unimate™ is a rich source of vitamins, minerals, and secondary metabolites such as chlorogenic acids and triterpenoid saponins. Chlorogenic acids and triterpenoid saponins found in Unimate™ have been documented in the scientific literature to support healthy gene expression in the body.

BENEFITS & RESEARCH:

Clinical studies show that Unimate™ has the ability to promote a healthy mood. Psychological well-being in a group of subjects, assessed using the Oxford Happiness Questionnaire, was increased by 20% after taking Unimate™. The mode of action of this result is likely due to the ability of chlorogenic acids to support healthy mood and cognition—as previously reported elsewhere in the scientific literature.

An additional clinical study demonstrated the ability of Unimate™ to maintain healthy blood-lipid and blood glucose levels in the body. A 12% reduction of total cholesterol, 5% reduction of LDL cholesterol, and 11% reduction of triglycerides was observed in a group of subjects who took Unimate™ once daily for 30 days. Additionally, a 5% reduction in fasting blood-glucose and a 3% reduction in HbA1c levels was also observed in this same group.

Other clinical studies have validated the ability of Unimate™ to support healthy weight loss in the body due to the ability of Yerba Mate triterpenoid saponins to support healthy gene expression of anti-obesity related genes.*

USAGE:

Mix contents of one packet with 17-24 oz. of hot or cold water, twice daily. Pair with intermittent fasting and/or Balance for a complete weight management system.

SAFETY & WARNINGS:

Unimate™ is generally well tolerated. Unimate™ contains moderate amounts of caffeine; caffeine-sensitive individuals should exercise caution when using this product. Not suitable for pregnant or nursing women and children.

HOW SUPPLIED:

Unimate™ is packaged in single-serve foil packets.

REFERENCES:

Heck CI, De Mejia EG. Yerba Mate tea (*Ilex paraguariensis*): A comprehensive review on chemistry, health implications, and technological considerations. *Journal of Food Science*. 2007;72(9):R138-R151.

Camfield DA, Silber BY, Scholey AB, Nolidin K, Coh A, Stough C. A randomized placebo-controlled trial to differentiate the acute cognitive and mood effects of chlorogenic acid from decaffeinated coffee. *PLoS ONE*. 2013;8(12):e82897. <https://doi.org/10.1371/journal.pone.0082897>.

Gao H, Liu Z, Qu X, Zhao Y. Effects of Yerba Mate tea (*Ilex paraguariensis*) on vascular endothelial function and liver lipoprotein receptor gene expression in hyperlipidemic rats. *Fitoterapia*. 2013;84:264-272.

Hills P, Argyle M. The Oxford Happiness Questionnaire: A compact scale for the measurement of psychological well-being. *Personality and Individual Differences*. 2002;33:1073-1082.

Cropley V, Croft R, Silber B, et al. Does coffee enriched with chlorogenic acids improve mood and cognition after acute administration in healthy elderly? A pilot study. *Psychopharmacology*. 2012;219:737-749.

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A Test of the Clinical Relevance of a 90-day Health Transformation Program

Dr. Dan Gubler
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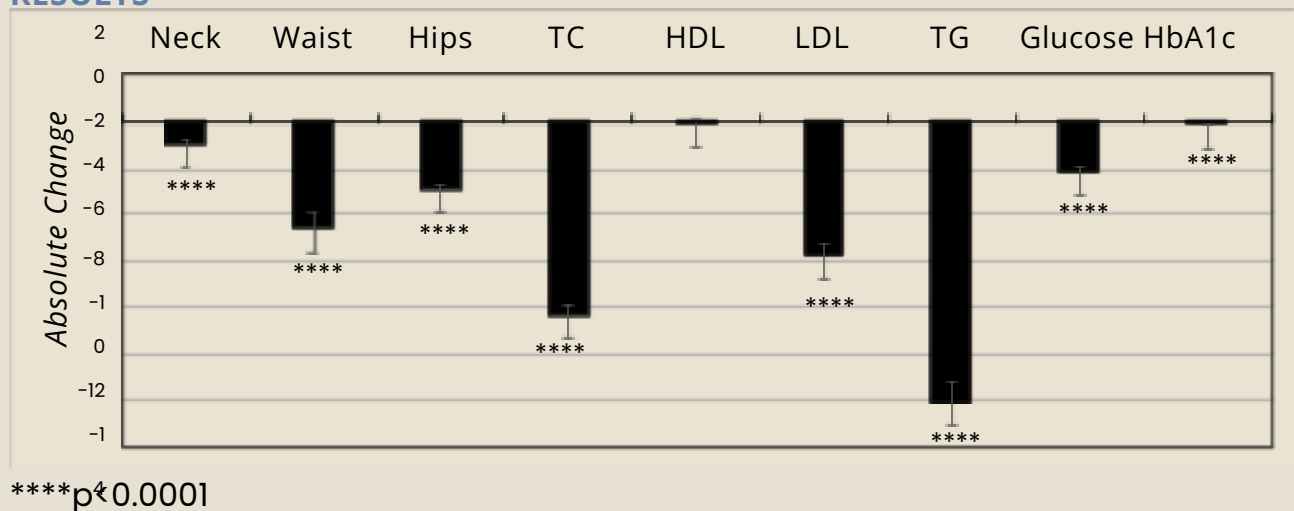
INTRODUCTION

The ongoing failure of conventional pharmacological interventions to stem the global burden of cardiometabolic diseases has prompted a greater focus on the efficacy of lifestyle changes. The purpose of this study was to determine the efficacy of a transformational lifestyle program, including 1-on-1 coaching, meal planning, and strategic supplements.

METHODS

The ongoing failure of conventional pharmacological interventions to stem the global burden of cardiometabolic diseases has prompted a greater focus on the efficacy of lifestyle changes. The purpose of this study was to determine the efficacy of a transformational lifestyle program, including 1-on-1 coaching, meal planning, and strategic supplements.

RESULTS



CONCLUSION

This study was conducted to determine the efficacy of a 90-day supplementation and coaching program on improving numerous aspects of cardiometabolic health. Following the 90-day period, we observed a substantial and significant reduction in every measured outcome, except for HDL, which remained static throughout the study. The measured outcomes included girth measurements and numerous markers of cholesterol and glucose levels. In sum, these results suggest a remarkable and rapid benefit to a lifestyle intervention plan that includes structured coaching and well-formulated supplements.



