

WHY UNIMATE?

Unimate Is:

- An ultra-concentrated and purified yerba mate extract.
- A potent source of up to 10x the chlorogenic acid content of a cup of coffee. (Chlorogenic Acid: the “get-up-and-go” compound in coffee.)
- Sugar free.

***Yerba mate** has been used in South America for thousands of years. Its unique blend of plant compounds is known to improve mood, heighten mental clarity, and suppress appetite.*

WHY BALANCE?

Balance Is:

- A patented blend of fibers, nutrients, and plant compounds.
- Designed to help you control carbohydrate intake and maintain healthy cholesterol levels.*
- A tool that fights the post-meal energy spike and crash.*
- An aid that helps you stay fuller for longer.*



UNIMATE

How To Use It:



In the morning, when you begin to feel hungry, drink a Unimate and get your focus back on the important stuff.



Enjoy Unimate hot or cold.



Mix one packet with 17–24 oz. (500–700 mL) of water (add more or less to taste).



Drink once per day or as desired.

PRO TIP: For easy prep, use a milk frother.



Scan to purchase the Feel Great pack.
Don't forget to use this referral code:

BALANCE

How To Use It:



Drink Balance twice daily, 10–15 minutes before your two largest meals.



Shake in 8–10 oz. (240–300 mL) of water.



Drink immediately. Balance is designed to thicken after mixing, and you want this to happen in your stomach, not in your cup!



Wait 10–15 minutes before eating.

PRO TIP: Add powder to the water, not vice versa.

MAXIMIZE THE FEEL GREAT APPROACH

Eat dinner, don't snack afterward, and then **wait at least 16 hours** until your next meal.

Example:



Unimate and Balance work together to help you extend the time between dinner and breakfast.

Extending the time between dinner and breakfast has been associated with numerous health benefits:

- Healthy blood pressure
- Improved heart health
- Improved body composition

Congratulations on taking the right steps to Feel Great. We can't wait to hear about your experience!