



A Clinician's Guide to Improving Cardiometabolic Health Feel Great Program

- 📈 **CARDIOMETABOLIC HEALTH**
- 📊 **EVIDENCE-BASED**
- 🔄 **LIFESTYLE TRANSFORMATION**

Why it matters

Behavioral change is often the most difficult challenge in primary care, yet it offers some of the most meaningful long-term benefits. Unicity's Feel Great program complements **evidence-based interventions** to support cardiometabolic health.

How it works

The program features clinically-backed ingredients and is designed to support lifestyle transformation—not just symptom management. With a structured, yet adaptable framework, it empowers patients to build sustainable habits and achieve goals such as healthy body composition, insulin sensitivity, and overall well-being.

It also complements the creation of **individualized treatment plans** for weight loss, prediabetes, and broader metabolic health goals.

What to do next

This guide provides an overview of key product information and the supporting scientific evidence to help you determine if the Feel Great program is a good fit for your patient.



Beyond symptom
management—
**sustainable
change**

Section 1:

What is Feel Great?

Feel Great is a dietary supplement regimen combined with time-restricted eating (TRE), also known as intermittent fasting.

Balance

Balance is a soluble fiber and vitamin supplement taken once or twice daily at the start of a meal. The product contains a proprietary blend of viscous, soluble fiber—guar gum, locust bean gum, citrus pectin, oat fiber, beta glucan, and gum arabic—to mitigate the post-prandial glycemic response. Additional functional ingredients include vitamins, minerals, phytosterols, and sugar cane extract.

Key Nutrition Facts: Balance



Serving size 1 stick pack (7.25 g) Servings per container 30	
Amount Per Stick Pack	% Daily Value*
Calories 15	
Total Carbohydrate 5g	2%
Dietary Fiber 4g	14%
Soluble Fiber 4g	†
Total Sugars 0g	†
Includes 0g of added sugar	0%
Biosphere Fiber® 2,228 mg	†
Guar Gum, Citrus Pectin, Oat Fiber, Locust Bean Gum, Beta Glucan	
Unicity 7x™ 1,404 mg	†
Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic	
Bios Cardio Matrix™ 411 mg	†
Phytosterols, Policosanol (Sugar Cane Extract)	
OTHER INGREDIENTS: Natural Flavors, Resistant Maltodextrin, Orange Juice Powder, Citric Acid, Stevia Extract (Rebaudioside A >75%, Steviol Glycosides >95%).	

Unimate

Unimate features a standardized yerba mate (Ilex paraguariensis) extract, containing several naturally-occurring phytochemicals including caffeine, theobromine, and chlorogenic acids. It is used acutely to support adherence to the fasting protocol. Moreover, an expanding body of research suggests that chronic intake contributes numerous health benefits, including weight management, glycemic control, and cardiovascular health.

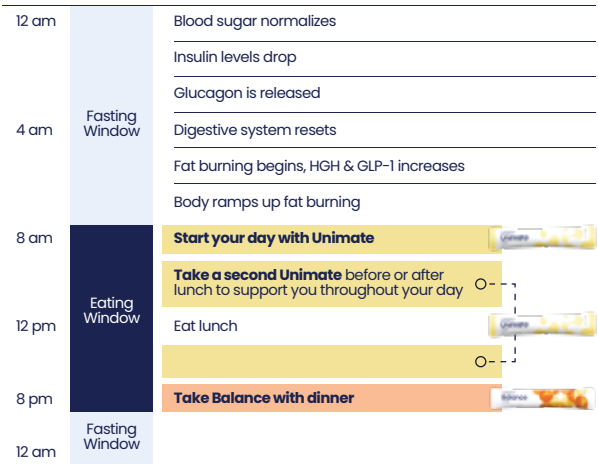
Key Nutrition Facts: Unimate



Serving Size 1 Stick Pack (5.1g) Serving per container 30	
Amount Per Stick Pack	% Daily Value*
Calories 5	
Total Fat 0g	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Sodium 35mg	2%
Unimate 3g	†
(Green Mate Leaf Extract) Powder	
OTHER INGREDIENTS: Citric Acid, Natural Flavors, Sodium Gluconate, Stevia Leaf Extract	

Time-Restricted Eating (TRE)

TRE is a dietary pattern which alternates periods of eating with extended fasting, such as a daily fasting period of sixteen hours and an eating window of eight hours (16:8).



*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. †Percent Daily Value is not established.

Section 2:

Scientific Substantiation

Key Health Benefits

Improved Acute and Chronic Glycemic Control and Endogenous GLP-1 Activation

- Subjects following Feel Great experienced a 12% reduction in daily glycemic variability (glucose CV)¹
- Feel Great resulted in a significant reduction in %HbA1c from baseline to Day 60 in a group of generally healthy adults²
- In a preclinical model, Unimate intake resulted in a nearly 50% increase in plasma levels of active GLP-1³
- Drinking Balance prior to a meal reduced post-prandial glucose by 28% and insulin response by 27%⁴
- Drinking Balance resulted in a 43% lower post-prandial glucose response (AUC) and 37% lower peak glucose following a high carbohydrate test meal⁵

Supports Cardiovascular Health by Improving Plasma Lipid Profile

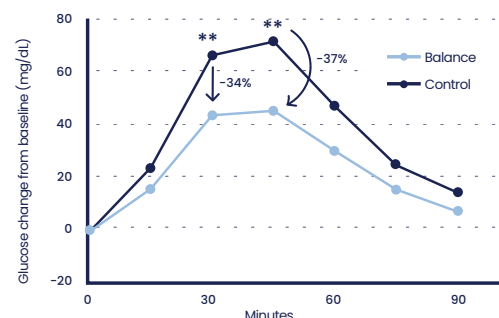
- Apolipoprotein B levels and homocysteine levels lowered after 8 weeks⁶
- Significant improvement in total cholesterol, non-HDL-c, LDL-c, and triglycerides after 60 days²
- Significant increase in HDL cholesterol after 60 days²

Aids in Weight Management Efforts²

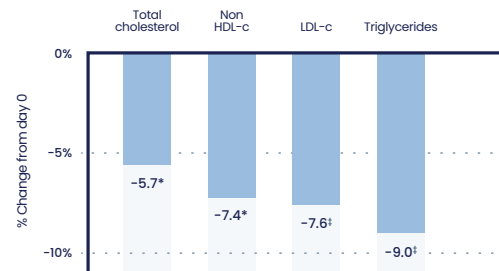
- Unimate treatment resulted in a suppression of weight gain relative to placebo in a preclinical study⁷
- A 60-day Feel Great clinical study in generally healthy adults demonstrated a 2% reduction in waist circumference and 1% reduction in body weight

Acute Appetite Suppression

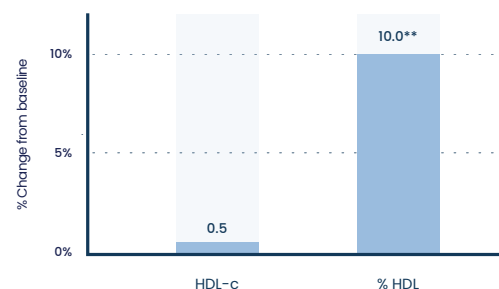
- Subjects experienced a lower "desire to eat" as soon as 15 minutes after drinking Unimate, relative to placebo⁸



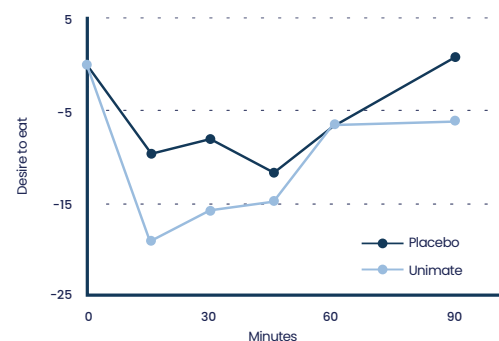
Two-hour glucose profile following study test-meal consumption. Mean glucose values (n=9) were 34% lower at 30 minutes and 37% lower at 45 minutes after eating. Two-way repeated measures ANOVA, Sidak's multiple comparisons: **p<0.01



Percent change from Day 0 to Day 60 in lipid markers. Total, non-HDL and LDL cholesterol, triglycerides, and % HbA1c all decreased significantly by 5.7%, 7.4%, 7.6%, 9.0%, and 1.3%, respectively. Paired t-test: *p<0.05; Wilcoxon signed rank test: †p<0.05.



Percent change from baseline to Day 60 in % HDL. Percent HDL cholesterol significantly increased by 10% after 60 days on the Feel Great protocol. Paired t-test: **p<0.01.



Within-subject comparisons (n=9) of "desire to eat" over 120 minutes following consumption of Unimate versus placebo (2-way ANOVA, Dunnett's multiple comparisons test; *p<0.05, **p<0.01 relative to baseline).

Section 3:

Additional Scientific Studies and Mechanisms of Action

Soluble Fiber

Increasing soluble fiber intake is an effective strategy to combat metabolic dysfunction through multiple mechanisms:

- **Satiety:** Delayed gastric emptying and intestinal mechanoreceptors activate satiety signals in the brain⁹
- **Glycemic Control:** Viscous and gel-forming fibers lower the glycemic load of meals and reduce the post-prandial glycemic response^{10,11}
- **Lipid Absorption and Metabolism:** Soluble fiber and dietary phytosterols modulate plasma lipid levels¹²
- **Prebiotic Effects:** Prebiotic fibers promote microbiome diversity and the production of short-chain fatty acids, which mediate intestinal pH, intestinal permeability, immune response, and more¹³

Intermittent Fasting

TRE has been shown to be a more effective strategy than standard caloric restriction for weight management, and TRE is associated with improvements in insulin sensitivity, blood pressure, and systemic inflammation.²³⁻²⁷

Yerba Mate

The unique profile of bioactive phytochemicals from yerba mate include chlorogenic acids, theobromine, and caffeine, which support mood, energy, and metabolic health through multiple mechanisms:

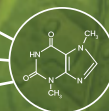
- **Incretin Response:** Increased levels of endogenous GLP-1, which has implications for glucose control, appetite regulation, and weight management³
- **Appetite Regulation:** Reduced energy intake and desire to eat, which aids with adherence to fasting¹⁴⁻¹⁶
- **Weight Management:** Reduced fat mass, reduced mitochondrial efficiency in adipose tissue, increased mitochondrial efficiency in muscle tissue^{17,7}
- **Reward and Motivation:** Increased dopamine receptors in the brain, which plays a role in mood, learning, and attention¹⁸
- **Mental Energy and Alertness:** Increased alertness, energy, and attention through antagonism of the adenosine receptor pathway in the brain^{19,20}
- **Antioxidant & Anti-Inflammatory Effects:** Chlorogenic acids and other bioactive compounds activate endogenous anti-inflammatory and antioxidant pathways^{21,22}

Bioactive phytochemicals found in yerba mate include:

CHLOROGENIC ACIDS

THEOBROMINE

SAPONINS



Section 4:

Safety

The information presented in this guide is for educational purposes and to assist healthcare providers in developing an appropriate plan in collaboration with their patients. The Feel Great program is generally well tolerated, with **no serious adverse events reported in clinical trials**. However, as with any lifestyle or dietary intervention, it may not be appropriate for every patient. Providers should tailor recommendations to individual needs and monitor relevant clinical markers—such as blood glucose, blood pressure, and weight—especially when patients are on medications that may require adjustment.

Product Use and Tolerability

Balance: A gradual increase in fiber is recommended to minimize temporary gastrointestinal effects (e.g., bloating, gas, loose stools, or constipation). These symptoms are common and typically resolve as the gut adjusts. Starting with half a serving and ensuring adequate hydration can help ease the transition. Medications should be taken at least one hour before or two hours after Balance to avoid potential interactions with nutrient absorption.

Unimate: Contains naturally occurring caffeine from yerba mate, with a caffeine content comparable to a cup of premium coffee. Some individuals may be more sensitive to caffeine and should be monitored accordingly.

Special Populations

Unicity products are intended for adult use. They have not been studied in children, or in individuals who are pregnant, breastfeeding, or lactating. Use in these populations should be guided by clinical judgment.

Time-Restricted Eating (TRE) may not be suitable for certain individuals, including those with advanced diabetes, on glucose-lowering medications, underweight individuals, endurance athletes, those with a history of eating disorders, or those who are pregnant or breastfeeding.



Independent labs
verify purity, safety,
and label accuracy



Product Quality

All Unicity products undergo third-party laboratory testing to verify label claims, screen for contaminants, and test for allergens. Any allergens are clearly listed on product labels.



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Unicity designs and develops innovative nutritional products that make healthy living doable in an on-the-go world.

*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.