

# UNICITYCOMPLETE

## PROTEIN MEAL REPLACEMENT

### C O R E

*A convenient, healthy meal replacement shake designed to help you meet your weight loss goals.\**

## FEATURES AND BENEFITS

- Contains 100% of your recommended daily intake for many essential vitamins and minerals.
- A balanced meal-replacement shake that helps you adhere to 4-4-12™ and burn fat.
- Provides 20 grams of high-quality protein to help keep you feeling full, build lean muscle mass, and provide energy without causing large spikes in insulin.
- Contains 4 grams of fiber to help increase satiety.

## PRODUCT INFORMATION

Everyone knows it's important to kick start your day with a healthy breakfast! Not only will you have more energy, but studies show that those who eat breakfast lose more weight than those who skip their first meal<sup>1</sup>.

However, with today's busy lifestyle, many of us feel too rushed to eat breakfast. Then, we will often eat a large lunch and an even larger dinner to compensate, with many of these calories coming from carbohydrates, sugar, and unhealthy fats. This leads to large blood glucose spikes during meal times and causes our body to store those empty calories as body fat.

Stop the vicious cycle of adding fat by starting your day off right with Unicity Complete; a high-protein, low-carb breakfast that provides needed nutrients to keep you full until your next meal.

Many convenient breakfast choices today are loaded with fat, salt, and sugar, and are generally devoid of necessary vitamins and minerals. Followers of the



4-4-12™ system who are looking to burn fat should substitute a healthy, convenient alternative to these diet-destroying meals. Unicity Complete is an excellent alternative and is packed with vitamins, minerals, fiber, and protein.

A Unicity Complete shake plus a glass of Unicity Balance is a great way to start your day off! You'll be better able to resist unhealthy cravings and will put yourself in a fat-burning state until your next meal.

## SCIENCE

### Carbohydrates

Carbohydrates serve many important roles in the body, including enzymatic reactions, as the backbone of RNA and DNA, and as the body's primary energy source. However, Carbohydrates can have negative effects when consumed in large amounts.

When we eat a meal high in carbohydrates, our insulin levels spike, triggering our body to store any excess calories as body fat. Foods and drinks touted as "fat free" are somewhat misleading, because when you eat lots of sugar and carbohydrates, your body converts any excess sugar to fat.

However, when we avoid carbohydrates for a period of time, our body senses the drop in glucose and triggers the pancreas to release glucagon. This hormone causes adipose tissue to release current fat stores into the blood stream, which the body will then use for energy—thus putting your body in a fat-burning state!

Item# 26555 | Serving Size: 1 Packet

Item# 26554 | Serving Size: 2 Scoops

For more information, scan the code to the right, or go to [Unicity.com](http://Unicity.com)

\*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.

© Unicity International, Inc. All Rights Reserved.

# UNICITY

# UNICITY COMPLETE

## PROTEIN MEAL REPLACEMENT

C O R E

## SCIENCE (continued)

### Protein

A diet high in protein is important for weight loss, as these calories are consumed at a slower rate than carbohydrates. This prevents high spikes in blood glucose levels that are so detrimental to weight loss goals.

Studies show that individuals on a high-protein, low-carbohydrate diet are able to burn more fat, increase lean muscle mass, and feel fuller between meals<sup>2</sup>.

### Vitamins and Minerals

It can be difficult to get all the vitamins, minerals, and other nutrients our bodies need from our daily diet. Unicity Complete provides a full profile of essential vitamins and minerals with each serving, ensuring you're always getting the nutrients you need to work at peak performance.

## REFERENCES

1. Sierra-Johnson J, et al. Eating meals irregularly: a novel environmental risk factor for the metabolic syndrome. *Obesity*. 2008; 16(6): 1302-1307.
2. Rigamonti A, et al. Changes in plasma levels of ghrelin, leptin, and other hormonal... *J Endocrinol Invest*. 2010 Mar 25.
3. Layman DK, et al. A reduced ratio of dietary carbohydrates to protein improves body composition and blood lipid profiles during weight loss in adult women. *J Nutr*, 2003; 133(2):411-7.
4. Pal S, et al. The acute effects of four protein meals on insulin, glucose, appetite, and energy intake in lean men. *Br J Nutr*, 2010; 11:1-8.
5. Farshchi H, et al. Decreased thermic effect of food after an irregular compared with a regular meal pattern in healthy, lean women. *Int J Obs*. 2004;28:653-660.
6. Food and Nutrition Board, Institute of Medicine. Magnesium. *Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, D.C.: National Academy Press; 1997:190-249.
7. Institute of Medicine. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. National Academy of Sciences. 2004; 5:186-254.
8. Food and Nutrition Board (2002/2005). *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, D.C.: The National Academies Press. Page 769.

Item# 26555 | Serving Size: 1 Packet

Item# 26554 | Serving Size: 2 Scoops

For more information, scan the code to the right, or go to [Unicity.com](http://Unicity.com)

\*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.

© Unicity International, Inc. All Rights Reserved.

UNICITY™