

# UNICITY COMPLETE

Low Glycemic Meal Replacement to Support your Health  
and Weight Loss Goals



## Why would I want to use it?

- It is delicious!
- Helps jump start metabolism\*
- Protein helps build and maintain lean muscle mass
- Provides fuel for prolonged energy without a blood sugar spike\*
- One serving contains 20 grams of high quality protein
- Packed with 4 grams of fiber, vitamins and minerals
- Low calorie, convenient meal to balance the metabolism\*
- Available in chocolate and vanilla

*\*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.*



## HOW DO I USE IT?



Combine two level scoops  
with 8 ounces of water or milk



Shake or mix well

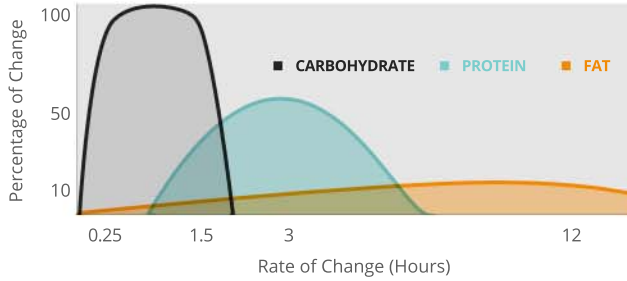


Drink and enjoy

*To achieve your weight loss goals more quickly, wait a minimum of 4 hours between meals  
and 12 hours between dinner and breakfast.*

# How does it work?

## To Achieve your Weight Loss Goals



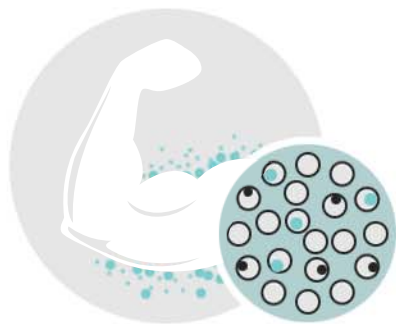
A diet high in protein is important for weight loss, as these calories are consumed at a slower rate than carbohydrates. **Carbohydrates** can spike blood glucose levels, **causing our body to store fat**.\*



Studies show that individuals on a high-protein, low carbohydrate diet are able to **burn fat, increase muscle mass** and **feel fuller between meals**.

Consuming a balanced breakfast **jumps starts your body's metabolism** first thing in the morning. Studies show people who eat breakfast lose more weight than those who skip their first meal.

## To Support a Healthy Body Composition



As a post workout replenishment drink, Complete contains **Leucine**, an essential amino acid, the building block of protein synthesis, which studies has shown is necessary for **muscle repair and growth** after exercise.\*



As we add more muscle to our body, our **metabolism increases** and we will find it easier to **maintain a healthy weight**.

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## NUTRITION FACTS: COMPLETE CHOCOLATE

<b>Nutrition Facts</b>			
Serving Size 2 level scoops (37 g)			
Servings Per Container about 30			
Amount Per Serving		Calories from Fat 30	
<b>Calories 130</b>			
		% Daily Value*	
<b>Total Fat</b>	3.5 g	<b>5%</b>	
Saturated fat	1 g	<b>5%</b>	
Trans fat	0 g		
<b>Cholesterol</b>	45 mg	<b>15%</b>	
<b>Sodium</b>	280 mg	<b>12%</b>	
<b>Potassium</b>	450 mg	<b>13%</b>	
<b>Total Carbohydrate</b>	9 g	<b>3%</b>	
Dietary Fiber	4 g	<b>16%</b>	
Soluble Fiber	3 g		
Sugars	2 g		
<b>Protein</b>	18 g		
<b>Vitamin A</b>	100%	<b>Vitamin C</b>	100%
<b>Calcium</b>	35%	<b>Iron</b>	100%
<b>Vitamin D</b>	100%	<b>Vitamin E</b>	100%
<b>Thiamin</b>	100%	<b>Riboflavin</b>	100%
<b>Niacin</b>	100%	<b>Vitamin B-6</b>	100%
<b>Folic Acid</b>	100%	<b>Vitamin B-12</b>	100%
<b>Biotin</b>	100%	<b>Pantothenic Acid</b>	100%
<b>Phosphorus</b>	10%	<b>Iodine</b>	100%
<b>Magnesium</b>	35%	<b>Zinc</b>	100%
<b>Copper</b>	100%	<b>Manganese</b>	100%
<b>Chromium</b>	100%		

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	60 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

### SOY FREE | GLUTEN FREE

**INGREDIENTS:** Protein Matrix (Whey Protein Concentrate, Milk Protein Isolate), Cocoa, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Di-glycerides, Natural Tocopherols, Tricalcium Phosphate), Inulin Fiber, Vitamin & Mineral Blend (Calcium Carbonate, Potassium Citrate, Sodium Citrate, Magnesium Oxide, Potassium Phosphate, Dicalcium Phosphate, Ascorbic Acid (Vitamin C), Vitamin E Acetate, Ferrous Fumarate, Biotin, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Potassium Iodide, Copper Gluconate, d-Calcium Pantothenate, Manganese Sulfate, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium, Cyanocobalamin), Natural & Artificial Flavors, Sodium Chloride, Stevia Extract, Canola Oil, Xanthan Gum, Silicon Dioxide, Cellulose Gum, Carrageenan, Aloe Vera Gel Concentrate.

**Contains:** Milk

<b>Nutrition Facts</b>			
Serving Size 2 Level Scoops (36.8 g)			
Servings Per Container About 30			
Amount Per Serving			
<b>Calories 140</b>		Calories from Fat 35	
		% Daily Value*	
<b>Total Fat</b>	4 g		6%
Saturated fat	1 g		4%
Trans fat	0 g		
<b>Cholesterol</b>	45 mg		15%
<b>Sodium</b>	180 mg		8%
<b>Potassium</b>	320 mg		9%
<b>Total Carbohydrate</b>	8 g		3%
Dietary Fiber	4 g		16%
Soluble Fiber	4 g		
Sugars	3 g		
<b>Protein</b>	20 g		
Vitamin A	100%	Vitamin C	100%
Calcium	35%	Iron	100%
Vitamin D	100%	Vitamin E	100%
Thiamin	100%	Riboflavin	100%
Niacin	100%	Vitamin B-6	100%
Folic Acid	100%	Vitamin B-12	100%
Biotin	100%	Pantothenic Acid	100%
Phosphorus	10%	Iodine	100%
Magnesium	35%	Zinc	100%
Copper	100%	Manganese	100%
Chromium	100%		

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

**INGREDIENTS:** Protein Matrix (Whey Protein Concentrate, Non-GMO Soy Protein Isolate, Whey Protein Isolate, Milk Protein Isolate, Sodium Caseinate, Whey Powder), Inulin, Sunflower Oil, Vitamin Mineral Blend (Magnesium Oxide, Potassium Phosphate, Dicalcium Phosphate, Ascorbic Acid (Vitamin C), Vitamin E Acetate, Ferrous Fumarate, Biotin, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Potassium Iodide, Copper Gluconate, d-Calcium Pantothenate, Manganese Sulfate, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium, Cyanocobalamin (Vitamin B12)), Natural & Artificial Flavors, Fructose, Canola Oil, Calcium Carbonate, Maltodextrin, Potassium Citrate, Xanthan Gum, Mono & Di Glycerides, Sodium Chloride, Cellulose Gum, Carrageenan, Lecithin, Sucralose, Aloe Vera Gel Concentrate.

<b>Nutrition Facts</b>			
Serving Size 2 Level Scoops (23 g)			
Servings Per Container About 30			
Amount Per Serving			
<b>Calories 90</b>		Calories from Fat 20	
		% Daily Value*	
<b>Total Fat</b>	2 g		3%
Saturated fat	0.5 g		3%
Trans fat	0 g		
<b>Cholesterol</b>	0 mg		0%
<b>Sodium</b>	280 mg		12%
<b>Potassium</b>	80 mg		2%
<b>Total Carbohydrate</b>	5 g		2%
Dietary Fiber	3 g		12%
Soluble Fiber	3 g		
Sugars	1 g		
<b>Protein</b>	12 g		
Vitamin A	50%	Vitamin C	50%
Iron	50%	Vitamin D	150%
Thiamin	50%	Riboflavin	50%
Vitamin B6	50%	Folate	50%
Biotin	50%	Pantothenic Acid	50%
Zinc	50%	Selenium	50%
Manganese	50%	Chromium	50%
		Calcium	0%
		Vitamin E	50%
		Niacin	50%
		Vitamin B12	150%
		Iodine	50%
		Copper	50%
		Molybdenum	50%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

**SOY FREE | GLUTEN FREE | DAIRY FREE**

**INGREDIENTS:** Vegan Five-Protein Blend (Pea Protein Isolate, Hemp Protein, Quinoa, Rice Protein, Cranberry Protein), Fiber Blend (Gum Acacia, Inulin Fiber, Cellulose Gum, Xanthan Gum, Carrageenan), Natural Flavors, Sunflower Oil, Vitamin-Mineral Blend (Potassium Citrate, Sodium Citrate, Ferrous Fumarate, Ascorbic Acid (Vitamin C), d-Alpha Tocopherol Acetate (Vitamin E), Sodium Selenate, Biotin, Niacinamide, Vitamin A Palmitate, Zinc Oxide, Copper Gluconate, Vitamin D, d-Calcium Pantothenate, Manganese Sulfate, Folic Acid, Potassium Iodide, Pyridoxine Hydrochloride, Cyanocobalamin, Riboflavin, Thiamine Hydrochloride, Sodium Molybdenum, Chromium), Medium-Chain Triglycerides, Sea Salt, Stevia Extract, Luo Han Juice.