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LC PRO

Protein + Resistant Starch



Have you ever wondered why you get hungry again so soon after eating or why your cravings keep coming back? It might come down to your protein and fiber intake. Protein plays a critical role in regulating appetite and supporting overall metabolic health, but unlike carbohydrates and fats, the body doesn't store excess protein. Similarly, dietary fiber is essential for promoting satiety, stabilizing blood sugar levels, and maintaining a healthy gut. Regular, consistent consumption of both is crucial for capitalizing on their benefits.

The rise of ultra-processed, nutritionally deficient, and readily available junk foods has led to diets low in both protein and fiber—two key components for maintaining satiety and metabolic balance. This imbalance is at the root of persistent weight challenges and incessant cravings many of us face. By increasing your intake of high-quality protein and fiber, you can take control of your appetite and support long-term metabolic health.

LC PRO is the ultimate solution for unlocking your metabolic health's potential. Resistant starch fiber has been shown to help support normal blood sugar levels by slowing the absorption of glucose from carbs. The combination of resistant starch and protein provides a more balanced and sustained release of energy to prevent rapid spikes and crashes in blood sugar levels, as well as supports increased satiety throughout the day.

Our formula is packed with high-quality whey protein isolate, delivering 20 grams of protein per serving to fuel your body and keep you energized throughout the day.

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Features

110

Calories

2g

Fiber

0

No added
sugar

Fresh, subtle
Asian pear
flavor

20g

High-quality
whey protein

3.5g

Resistant
potato starch

Natural
flavors and
sweeteners

3g

Net carbs*
*5 g total carbs,
with 3 g net carbs
and 2 g dietary fiber.

Benefits

- Promotes satiety
- Supports overall metabolic health
- The combination of resistant starch and protein supports normal healthy glucose levels
- Supports muscle maintenance
- Promotes muscle growth and repair
- Provides sustained release of energy
- Resistant potato starch fiber provides prebiotic benefits, boosting beneficial gut bacteria

Use

- Mix one serving (1 scoop/31.5g) in 8-10 oz of water daily or as desired (add more or less to taste).
- Take after a workout, before a meal, or anytime throughout the day for a protein and fiber boost to support satiety, muscle mass repair, and glucose maintenance.

Ideal for

- Health-minded individuals looking to prioritize protein in their diet
- Individuals who want to support their metabolic health and support satiety throughout the day
- Individuals seeking an easy way to consume more protein
- Active individuals wanting muscle support
- Anyone looking for a nutritious, high-protein snack

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Try This

- Mix with Bone Complex or Oasis for a blast of berry flavor and additional benefits
- Add essential greens (without affecting the taste!) by stirring in a scoop of Super Green +
- Make your coffee a protein-infused milkshake by combining LC PRO with BioReishi FX
- Mix with Chi-Oka Matcha to turn your protein shake into a refreshing latte

Ingredients

Supplement Facts		
Serving Size 1 Scoop (31.5 g)		
Servings Per Container 15		
	Amount Per Serving	% Daily Value*
Calories	110	
Total Fat	1 g	1%
Saturated Fat	0.5 g	3%
Cholesterol	20 mg	7%
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	7%
Total Sugars	1 g	†
Protein	20 g	40%
Calcium	50 mg	4%
Sodium	250 mg	11%
Resistant Potato Starch	3.5 g	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

OTHER INGREDIENTS: Whey Protein Concentrate, Whey Protein Isolate, Sodium Chloride (Salt), Natural Flavors, Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Stevia Leaf Extract (Rebaudioside A >75%, Steviol Glycosides >95%), Citric Acid.

CONTAINS: Milk and Soy.

Whey protein: Our whey protein blend contains a mixture of concentrated and isolated protein from whey. Whey protein is easily digestible and also considered a complete protein with all essential amino acids present. In particular, the high branched-chain amino acid content of whey protein plays an important role in muscle tissue maintenance.

Resistant potato starch: Resistant starch has been part of the human diet for over 10,000 years, making it one of the most widely consumed prebiotics in human history. This multifunctional prebiotic feeds Bifidobacteria, producing short-chain fatty acids (SCFAs) and increasing Akkermansia abundance. Growing evidence shows that these SCFAs support not only digestive health and a diverse microbiome, but whole-body health (including mood and weight management) as well. The resistant starch in this product is Resistant Starch Type II and derived from unmodified potato granules, capitalizing on the natural starch granule structure of the potato, unlike many other resistant starches on the market made by chemically altering starch molecules.

LC PRO

FAQs

Who should take LC PRO?

LC PRO is ideal for supporting a healthy lifestyle by providing high-quality protein to promote satiety, metabolic health, and muscle maintenance. It offers a convenient way to increase daily protein intake, enhance recovery for active individuals, and serve as a nutritious, satisfying snack for sustained energy throughout the day. Whether used to balance your diet, curb hunger, or fuel an active routine, LC PRO is a versatile solution for meeting your protein needs.

Why should I take LC PRO over other protein supplements?

LC PRO stands out because it's more than just a protein powder. Along with 20g of high-quality whey protein, it includes resistant potato starch fiber to promote satiety, support gut health, and helps maintain blood sugar—benefits that most protein supplements don't provide. Its clean formula (110 calories, 3g net carbs*, no added sugar) and fresh Asian pear flavor make it a superior choice for those seeking both protein and comprehensive metabolic support in one convenient product.

What is whey protein?

Whey protein is a high-quality, complete protein derived from milk during the cheese-making process. It contains all essential amino acids and is easily digestible. Whey protein supports muscle growth, repair, and maintenance, and helps keep you energized throughout the day.

What is resistant potato starch?

Resistant potato starch is a natural prebiotic fiber derived from natural, unmodified potato starch granules. It resists digestion in the small intestine, reaching the colon where it feeds beneficial gut bacteria like Bifidobacteria. This process produces short-chain fatty acids (SCFAs), which support digestive health, a diverse microbiome, and whole-body benefits such as mood and weight management. Resistant starch also helps support blood sugar levels and promotes satiety.

When is the best time to take LC PRO?

LC PRO can be enjoyed anytime throughout the day, depending on your needs. It's ideal after a workout to support muscle recovery, before a meal to promote satiety, or as a mid-day snack to maintain energy levels and curb cravings.

Will LC PRO break my fast?

Yes, LC PRO will break your fast, as it contains nutrients like protein and carbohydrates that contain calories. However, it can be a great addition to a post-fasting meal to replenish your body and maintain blood sugar levels.

Can I use LC PRO as a meal replacement?

While LC PRO is high in protein and fiber, it is not designed as a complete meal replacement. Pair it with additional healthy fats, carbohydrates, and micronutrient-rich foods to create a balanced meal if you're using it as a substitute.

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Can LC PRO be used in recipes like smoothies, baking, or cooking?

Yes, LC PRO is versatile and can be used in smoothies, baked goods, and more. Its fresh Asian pear flavor complements a variety of recipes, and it blends easily into batters, shakes, or sauces for an added protein and fiber boost.

Is LC PRO suitable for vegans/vegetarians?

LC PRO is suitable for vegetarians but not vegans, as it contains whey protein isolate, a dairy-derived ingredient.

Is LC PRO suitable for pregnant or nursing women?

Pregnant or nursing women can typically use LC PRO as a high-protein supplement. However, it's always recommended to consult with a healthcare provider before introducing new supplements into your diet during pregnancy or nursing.