



PRODUCT CATALOGUE

U
N
I
C
I
T
Y

TM

Make Life Better.

www.unity.com

TABLE OF CONTENTS

Title Page	Page No	Title Page	Page No
Message From The CEO	3	- Vision Essentials	43
Company Profile & History	4	- Bios Life Mannos	44
Physician's Desk Reference	5	- Nature Force	45
5-Steps to Optimal Health	6	- Immunizen	
Bios Life Basics	8	Bios Life Air	46
- Bios Life C	11	Bios Life Car Air	
- Bios Life E	13	Bios Life Air Filter	47
- Bios Life S	14	Bios Life Car Air Filter	
- LC Lean Complete	15	Frequently Asked Questions	48
Cleanse	16		
- ClearStart	19		
- PrimeStart			
- Probionic	21		
- Lifiber	23		
- Paraway Plus	24		
- Aloe Vera	25		
- Nature's Essential Tea	26		
- Super Chlorophyll	27		
- Bio Reishi Coffe	29		
Nourish	30		
- Daily Produce 24	32		
- Bio-C	34		
- Core Health Basics			
- Unicity Soy Protein	35		
- Chlorospirulina			
Target	36		
- Ubiquinol Coq10	38		
- Collagen Plus	39		
- Salmon Omega 3-Oil	40		
- Cardio Basics			
- Calcium Magnesium Complex	41		
- Glucosamine AJF			
- Liver Essentials	42		
- Phytopath	43		



CEO

Mr. Stewart Hughes

CEO

At Unicity International, we believe that great things can be accomplished by small and sometimes simple means- the way a large gate swings or pivots on a small hinge.

Unicity's many products are the greatest nutritional supplements in the world. And like a hinge, these products offer a turning point for your life. The health you once had, the health you dream of having, is now within your reach!

As you examine our website, I urge you to join the tens of thousands who have already benefited from all of our other great products. Today is the day to start living a happier, healthier, and longer life.



Stewart Hughes

COMPANY PROFILE AND HISTORY

Unicity International is a global leader in health and wellness industry pursuing the advancement of nutritional science. Through a commitment to research, education, and the development of new formulations that meet current and growing health concerns, Unicity improves the quality of people's lives by helping them to Look Better, Feel Better, and Live Better.

Headquartered in Orem, Utah and driven by more than 100 years of enterprise, Unicity empowers its employees, distributors, and customers to achieve their aspirations.



Focusing on both physical health and personal development, Unicity's proven products and structured business opportunity have helped thousands of people around the world exemplify our corporate motto to Make Life Better.

Recognized as one of the Top 500 Privately-held Businesses in the United States—ranked 87th on the national level and First in the state of Utah—Unicity stands as an industry leader for both nutritional supplements and business development.

Unicity formed more than ten years ago with the merger of two companies: Rexall Showcase International and Enrich International.

Rexall Showcase International was the direct marketing division of Rexall—a well-known, highly trusted company whose roots go back to the early 1900s. In the late 1980s, Rexall Showcase became a direct marketing organization which was eventually acquired by Royal Numico in 2000.

Enrich International was a multi-level marketing company established in 1972 and was the first company to successfully encapsulate and market herbal dietary supplements on a commercial basis. Enrich International was sold to Royal Numico in 1999, and merged with Rexall Showcase in 2001 to become Unicity Network.

Unicity Network was purchased by internal management in 2003 and was renamed Unicity International, Inc. Today, Unicity is a networking marketing company with a strong presence in more than 30 countries around the globe.

Physician's Desk Reference 2016

UNICITY INTERNATIONAL PRODUCT LIST

Unicity International is proud to announce that the 2016 edition of the Physician's Desk Reference (PDR) lists Unicity products. Our continued focus on clinical research has enabled Unicity to list some of our products in this prestigious reference for health care professionals.

The Physician's Desk Reference is the nation's most trusted source of FDA-approved prescribing information, and is consulted by health care professionals millions of times each week. It will be distributed to almost half a million MDs, and chief pharmacists throughout the United States.

Ninety percent (90%) of health care professionals consider this reference the most important source of reliable information and it helps them in making the right decision on advising their patients which products they should use.





STEP HEALTH PROGRAM



HYDRATE

HYDRATE Water is the most essential element of the body to function properly, playing a critical role in natural metabolic, digestive and cellular regeneration processes. How much should we take in everyday? For men drink at least 3.7 L, while women should drink at least 2.7 L of water per day.



EXERCISE

WALK Walking is the most natural and normal activity people can do; requires little time and research has shown that walking can be more beneficial and more effective to overall health than extensive running workouts. A pedometer can help count your steps: 10,000 a day.



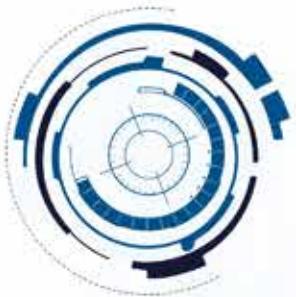
CLEANSE

CLEANSE It's important to periodically cleanse your body of the toxins that build up over time to ensure it is running efficiently. Proper elimination allows your body to fully absorb and utilize the nutrients from foods and supplements. Regular cleanses are a major step in preventative health, and staying hydrated on a day-to-day basis not only helps keep your body clean, but can help muscles and joints work better, promote cardiovascular health, and assist with weight maintenance and appetite control.



NOURISH

NOURISH Unfortunately, today's diets are made up of more fats, more sugars, more carbohydrates, and fewer nutritionally rich foods than ever before. We are missing the essential vitamins, minerals, phytonutrients, and phytochemicals so critical to building and maintaining good health. Consistently daily supplementation bridges nutritional gap and has been proven to reduce the effects of aging and help maintain health and vitality.

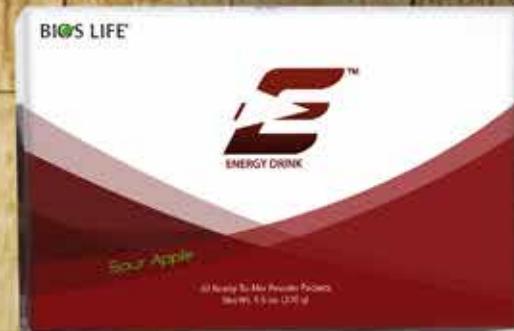


TARGET

TARGET Now that you have established a new lifestyle of health through Hydrating, Walking, Cleansing and Nourishing your body, you have the foundation of health that will enable you to focus on specific health concerns you may have. Each vital organ of the body utilizes different nutrients and requires different support mechanisms to properly target their health and function. The fact that our bodies are made up of multiple organs that each program specific tasks in balancing the body's unique health system suggests that a single product cannot meet the specific health needs of various body systems.

BIO\$ LIFE™

BASICS





BIOS LIFE C

BIOS LIFE C

200 ml 100 g

BIOS LIFE C™

ADVANCED FIBER AND NUTRIENT DRINK



PDR
Information for better health

28485 | 60 packets
25312 | 30 packets

Ingredients:

Guar Gum, Phytosterols, Gum Arabic, Locust Bean Gum, Citrus Pectin, Oat Fiber, Calcium Carbonate, Ascorbic Acid, Beta Carotene, Beta Glucan, Zinc Gluconate, Niacinamide, d-alpha tocopheryl acetate, Policosanol, Biotin, Folic Acid, Pyridoxine HCl, Thiamine HCl, Riboflavin, Chromium Polynicotinate, Vitamin B12, Orange Juice Flavor, Maltodextrin, Orange Juice Powder, Citric Acid, Sucralose

Bios Life C is a vitamin-rich nutritional supplement containing a blend of soluble and insoluble fibers - formulated to help maintain healthy cholesterol and triglyceride levels, and promote a healthy cardiovascular system.

Features & Benefits:

- HALAL Certified.
- Fortifies the body with both soluble and insoluble fiber, vitamins and minerals.
- Clinically proven, safe, patented formula for complete cholesterol care.
- Helps maintain healthy cholesterol levels.
- Supports healthy blood sugar and triglyceride levels.
- Helps manage appetite naturally.
- Adjunct product to weight management program.

Best Taken With:

- Bio-C & Cardio Basics for synergistic heart benefits
- ChloroSpirulina for better blood sugar levels

Recommended Use:

- For best results, take 10-15 minutes before a main meal. Mix 1 sachet into 8-10 ounces of cold water, juice or comparable beverages. Stir vigorously (use of shaker cup is recommended). Drink immediately. Additional liquid may be consumed, if not taken before meal, may be taken after meal or any other time. Once your system has adjusted, use as directed above up to 3 times daily.

CAUTION

- Bios Life C is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Bios Life C. If the GI discomfort further persists, stop taking the product and consult your physician.
- Taking this product without enough liquid can result to choking. Do not take if you have difficulty swallowing.
- People taking hypoglycemic medications should monitor their blood sugar closely. This product has hypoglycemic property.



BIO'S LIFE



Sour Apple

10 Ready-to-Drink Powder Packets
Net Wt. 9.5 oz (270g)

BIOS LIFE™



SMART ENERGY

POWER THE BODY, ENERGIZE THE MIND



PDR Information for better health

25310 | 30 packets

28481 | 10 packets

Ingredients:

Matcha Green Tea, Inulin, L-Carnitine, Potassium Chloride, Sodium Chloride, Green Coffee Bean Extract, Soy Lecithin, Pomegranate Extract, Grape Seed Extract, Ascorbic Acid, L-Theanine, Blueberry Powder, Niacinamide, D-Calcium Pantothenate, Pyridoxine HCl, Riboflavin, Thiamin HCl, Cyanocobalamin, Maltodextrin, Citric Acid, Natural & Artificial Flavors (Sour Apple), Sugar, Fructose, Sucralose

Bios Life E is a scientifically-backed energy drink for individuals living in a busy lifestyle that need a convenient, low calorie way to increase energy and nutrients. Energy drink powdered by Chi-Oka Matcha, a superior green tea with 20x more antioxidants than acai berry, 70x as much as orange juice, and 9x beta-carotene of spinach.

Features & Benefits:

- HALAL Certified.
- Low sugar, no synthetic caffeine and contains natural ingredients.
- Reliable, sustained boost of energy
- Amplifies mental clarity.
- Supplies the body with potent antioxidants.
- Restores Electrolytes.
- Boost Metabolism.

Best Taken With:

- Bios Life S and ChloroSpirulina - To accelerate fat loss and achieve your weight loss goal.

Recommended Use:

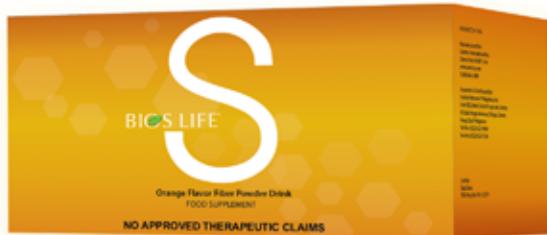
- Mix the contents of one packet with 8-10 oz of water, juice, or the beverage of your choice. Use 1 packet per day.

CAUTION

- Bios Life E is generally well tolerated. As with any dietary supplement, some gastrointestinal discomfort may be experienced. Bios Life E contains moderate amounts of natural caffeine; as such caffeine-sensitive individuals should maintain caution when using this product.
- Excessive caffeine intake may cause sleeplessness, palpitations and other similar side effects.



Revolutionary Fat Burning



24845 | 60 packets

28483 | 30 packets

Ingredients:

Guar Gum, Phytosterols, Unicity 7x, Gum Arabic, Locust Bean Gum, Citrus Pectin, Calcium Carbonate, Oat Fiber, Ascorbic Acid, Beta Carotene, Beta Glucan, Zinc Gluconate, Niacinamide, d-alpha tocopheryl acetate, Policosanol, Biotin, Folic Acid, Pyridoxine HCl, Thiamine HCl, Riboflavin, Chromium Picolinate, Vitamin B12, Orange Juice Flavor, Maltodextrin, Orange Juice Powder, Citric Acid, Sucralose

Bios Life S is a revolutionary fat burning product containing natural proprietary ingredients that helps train your body to burn away excess fat. It is a natural weight loss supplement that increases energy levels and burns fat. It works by slowing the rate that food is converted into glucose causing a lower amount of insulin in the bloodstream. This biological process allows your body to enter the "fat burning zone" or the time at which your body burns fat.

Features & Benefits:

- HALAL Certified.
- Fortifies the body with both soluble and insoluble fiber, vitamins and minerals.
- Curbs hunger so you eat less and feel full longer.
- Helps promote gradual sustained fat loss.
- Increase energy level.
- Supports healthy blood sugar, cholesterol and triglyceride levels.
- Better outlook & self-esteem.

Best Taken With:

- LC Lean Complete, Soy Protein, ChloroSpirulina to accelerate your fat loss & weight loss goals

Recommended Use:

- For best results, take 10-15 minutes before a main meal. Mix 1 packet with 8-10 ounces (240 ml - 300 ml) of cold water, milk, juice or comparable beverages. Stir vigorously (use of shaker cup is recommended). Drink immediately. Additional liquid may be consumed. If not taken before meal, may be taken after meal or any other time. Once your system has adjusted, use as directed above up to 3 times daily.

CAUTION

- Bios Life S is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Bios Life S. If the GI discomfort further persists, stop taking the product and consult your physician.
- Taking this product without enough liquid can result to choking. Do not take if you have difficulty swallowing.
- People taking hypoglycemic medications should monitor their blood sugar closely. This product has hypoglycemic property.



LEAN COMPLETE®

Supports Healthy Weight Loss



PDR
Information for better health

28717 | 20 packets

Ingredients:

Protein Matrix (Pea Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Whey Protein Isolate), Maltodextrin, Inulin, Non-Dairy Creamer, Natural & Artificial Flavors, Medium Chain Triglycerides Oil, Hydroxypropylmethyl Cellulose, Vitamin-Mineral Blend (Ascorbic Acid, Zinc Gluconate, Vitamin E Acetate, Biotin, Niacinamide, Folic Acid, Cholecalciferol, Pyridoxine HCl, Thiamin Mononitrate, Riboflavin, Cyanocobalamin) Potassium Chloride, Sodium Chloride, Gum Blend, Xanthan Gum, Sucralose

Lean Complete is a high protein, low-carbohydrate food that provides needed nutrients and helps to keep you full until your next meal. Not only is Lean Complete a good substitute for sugary cereals, it tastes good too! Lean Complete has a rich vanilla flavor that helps to control your sweet tooth while providing the energy you need to make it through the day.

Features & Benefits:

- HALAL Certified
- Contains a 100% of your recommended daily intake for many essential vitamins and minerals.
- Provides 11 g of high-quality protein to help keep you feeling full, build lean muscle mass, and provide energy without causing large spikes in insulin.
- Contains 2 g of fiber to help increase satiety.

Best Taken With:

- Bios Life S

Recommended Use:

- Mix 1 packet (30 g) with 8-10 ounces (240 ml - 300 ml) of water. Shake or stir well and drink immediately. More than the recommended amount should not be consumed. The drink is also tasty if prepared with skimmed milk or soy milk.

CAUTION

- This product may contain traces of lactose and gluten.



CLEANSE





ClearStart™

Cleansing your body on a regular basis ensures it is running efficiently and absorbing the right nutrients. Bios Life ClearStart is a complete system which gently rids your body of toxins that build up over time.

Bios Life ClearStart is a powerful 30-day system containing a carefully chosen combination of all-natural cleansing and digestive health products to neutralize and dislodge toxins, waste, and parasites and remove them from your body.

Bios Life ClearStart Pack includes:

- 1 Bios Life LiFiber
- 1 Bios Life Paraway Plus
- 1 Bios Life Aloe Vera or 1 Nature's Essential Tea

Features & Benefits:

- Clear your body of toxins and other wastes
- Promote overall digestive health
- Safely and naturally stimulate regularity
- Provide both soluble and insoluble fiber
- Support a healthy immune system
- Jump start your weight loss



28074 | ClearStart with Aloe Vera
29112 | ClearStart with Nature's Essential Tea

PrimeStart

The digestive system is under constant attack from foods, chemicals and parasites that actually destroy our natural 'friendly' bacteria. Bios Life PrimeStart is an enhanced system of cleansing while maintaining a healthy gut. Bios Life Probionic helps repopulate the digestive system with proper intestinal flora balance for effective digestion and overall health. Enhance your cleansing program with PrimeStart!

Bios Life PrimeStart Pack includes:

- 1 Clearstart Pack
- 1 Bios Life Probionic

Features & Benefits:

- Clear your body of toxins and other wastes
- Supports digestive health and promotes normal bowel function
- Support a healthy immune system
- Helps improve lactose malabsorption
- Helps enhance natural resistance to intestinal infection
- Enhances intestinal ecology and balance

28577 | PrimeStart with Aloe Vera
29144 | PrimeStart with Nature's Essential Tea



BIOS LIFETM PROBIONIC[®]

Promotes Friendly Intestinal Bacteria



28560 | 30 packets

Ingredients:

Fructooligosaccharides, Unicity Probiotic blend (Lactobacillus acidophillus LA02, Lactobacillus rhamnosus LR04, Bifidobacterium breve BR03, Bifidobacterium lactis BS01)

ProBionic is an exclusive new probiotic formulation that includes different strains of beneficial bacteria: *Lactobacillus acidophilus* LA 02, *Lactobacillus rhamnosus* LR 04, *Bifidobacterium breve* BR 03, *Bifidobacterium lactis* BS 01. Maintaining your body's natural balance of friendly bacteria is one of the primary keys to long-term good health and well-being.

Features & Benefits:

- Microencapsulated strains reach the intestinal tract with high efficiency
- Natural origin, allergen free, has not been exposed to any genetic alteration, and is not treated with ionizing radiations
- Supports digestive health & promotes normal bowel function
- Improves digestion
- Helps improve lactose malabsorption
- Helps enhance natural resistance to intestinal infection
- Enhances intestinal ecology & balance

Best Taken With:

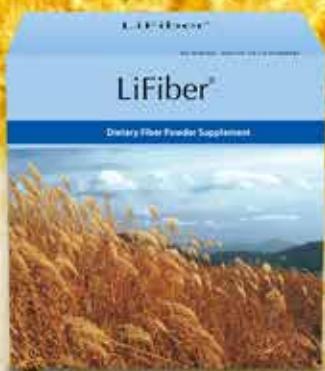
ClearStart Pack - Help with detoxification, food digestion, waste removal, production of vitamins, and protection from harmful organisms.

Recommended Use:

Open packet and pour the contents into your mouth. Take one packet daily. May be taken with water or other liquids.

CAUTION

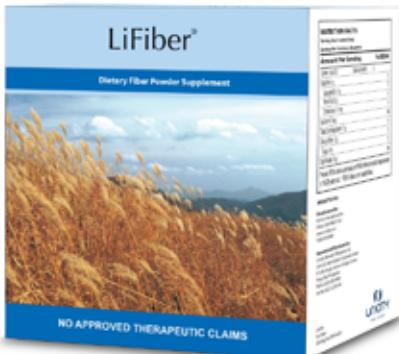
- ProBionic is generally well tolerated, as with any dietary supplement, some gastrointestinal discomfort may be experienced.



BIOS LIFE™

LiFiber®

Promotes Intestinal Cleansing and General Health



28410 | 15 packets

28412 | 30 packets

Ingredients:

Psyllium Husk, Fructo-oligosaccharide, Citrus Pectin Complex, Hibiscus Flower, Maltodextrin, Apple Pectin, Noni Fruit, Maple Syrup, Premix Herb (Aloe Vera leaf, Barley grass, Garlic Bulb, Ginger Root, Papaya Fruit, Pumpkin Seed, Red Raspberry Fruit, Cayenne Pepper Fruit, Cinnamon Bark, Licorice Root), Strawberry Flavor, Silicon Dioxide, Sucralose, Peppermint Flavor

LiFiber provides high-quality dietary fiber and herbs that are beneficial to the gastrointestinal tract. Lifiber is a psyllium-based powder drink that can be added to water, juice or the beverage of your choice. It also contains various beneficial herbs, as well as both insoluble fiber. Soluble fiber helps maintain healthy blood cholesterol, while insoluble fiber passes quickly through the digestive system and helps clear the colon of toxins and other wastes.

Features & Benefits:

- Halal Certified.
- Supplies 5.24 g of dietary fiber per 10 g serving.
- Add bulk or roughage to stools for softer and easier defecation.
- Helps cleanse the colon of toxins and other wastes.
- Assists weight loss goals by providing a full feeling.
- Supports healthy blood cholesterol and blood sugar levels.
- Colon cleansing product for everyday use.

Recommended Use:

- Add 1 level scoop of LiFiber to 8-10 oz of water, juice or beverage of your choice. Mix and drink immediately. Preferably taken before meals. Drink plenty of water throughout the day.

CAUTION

- If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before taking this product.
- Taking this product without enough liquid can result to choking. Do not take if you have difficulty swallowing.
- People taking hypoglycemic medications should monitor their blood sugar closely. This product has hypoglycemic property.
- Not recommended for people with ulcerative colitis, Crohn's Disease and bowel obstruction.

Paraway® Plus

Herbal Body Cleansing



15704 | HDPE Bottle (120 capsules)

Ingredients:

Black Walnut Hull, Pumpkin Seed, Knot-weed, Garlic Bulb, Cloves Flower Bud, Sage Leaf, Gentian Root, Fenugreek Seed, Chamomile Flower, Hyssop Aerial, Black Pepper Fruit, Peppermint Leaf, Thyme Leaf, Fennel Seed, Sodium Copper Chlorophyllin, Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate

With a proprietary blend of the finest herbal ingredients recognized for their cleansing properties, Paraway Plus is a unique and comprehensive product designed to help your body eliminate unwanted organisms, take Paraway Plus and colon cleansing supplement twice a year.

Features & Benefits:

- HALAL Certified.
- Helps the body eliminate unwanted organisms.
- Promotes healthy intestinal flora.
- Prepares the digestive tract for waste elimination.
- Removes toxins and wastes from your body.
- Soothes the digestive and urinary tract.

Best Taken with:

- Nature's Essential Tea and LiFiber - For optimal body cleanse.

Recommended Use:

- Take two capsules daily in the morning for the first 10 days, then five capsules in the morning for the next 20 days. Do not exceed five capsules a day.

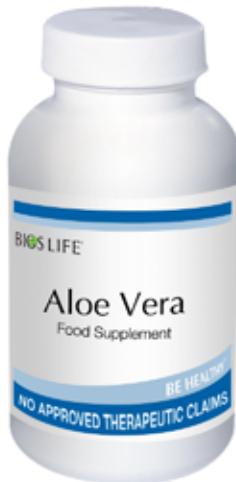
CAUTION

- Not recommended for pregnant and lactating women.

BIOS LIFE™

Aloe Vera

Herbal Body Cleansing



27577 | HDPE Bottle (30 capsules)

Ingredients:

Cape Aloe Vera, Silicon Dioxide

Aloe Vera nourishes the gastrointestinal and urinary system, all while providing a thorough digestive cleanse. It helps increase digestive regularity and cleanses toxins by using natural antibacterial properties.

Features & Benefits:

- Traditionally used to promote regular bowel functions and motions.
- Supports the overall intestinal well-being
- Supports healthy function of the immune system.
- Promotes optimal nutrient absorption.
- Aids weight management program.

Best Taken With:

- Paraway Plus and LiFiber - For optimal body cleanse.

Recommended Use:

- Take one capsule with a large glass of water once daily, or as directed by your health care professional. Not for long-term use.

CAUTION

- Not recommended for pregnant and lactating women.

UNICITY™ NATURE'S ESSENTIAL TEA

Supports Colon Health



27487 | 30 teabags
29079 | 15 teabags

Ingredients:

Rhubarb root, Fenugreek seed, Peppermint Leaf, Althea root, Orange peel, Rosehips fruit, Chamomile flower

Nature's Essential Tea is a combination of herbs that may help cleanse your colon, leaving room for it to absorb essential nutrients into your body. It also aids your body in regular digestion and soothes your entire digestive tract. Give your body a healthy start with Nature's Essential Tea.

Features & Benefits:

- All natural, non-caffeinated and non-stimulant tea.
- Promotes clean, healthy and normal intestinal tract.
- Supports healthy immune function.
- Helps promote better absorption and assimilation of nutrients.
- Complements weight management program.

Best Taken With:

- Paraway Plus and LiFiber - For optimal body cleanse.

Recommended Use:

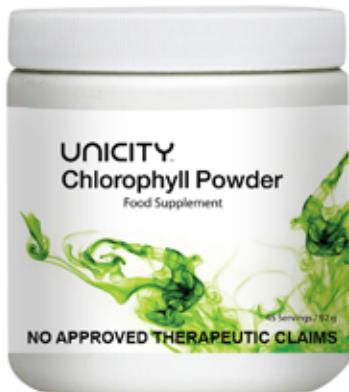
- Begin slowly. Steep 1 tea bag in 250 ml of hot water for **10-15 minutes**. Drink after evening meal. Drink hot or cold. Cleansing cycle takes 15 days and is repeated every 3 months. Not for long term use.

CAUTION

- Not recommended for pregnant and lactating women.

UNICITY™ Chlorophyll Powder

A GREAT ALKALINE FOOD SOURCE



20047 | HDPE Bottle (92 g powder)

Ingredients:

Sodium Copper Chlorophylli, Maltodextrin

Derived from nutrition-rich alfalfa, this chlorophyl supplement supports overall cleansing and health. Chlorophyll is a good alkaline food and has anti-inflammatory & antioxidant properties.

Features & Benefits:

- HALAL Certified.
- Highly concentrated, naturally flavored, water soluble chlorophyll.
- Great alkalinizing agent to maintain pH levels and general well being.
- Has been used orally as an internal body deodorant
- Encourages healing when applied topically.
- Promotes cleansing and has been shown to protect against known mutagens.
- Has anti-inflammatory, antibacterial and anti-oxidant properties.

Best Taken with:

- Bios Life Mannos - More effective wound healing.

Recommended Use:

- Mix 1 teaspoon (2 g) with 8 oz of cold water, best taken before any meal.

CAUTION

- Not recommended for pregnant and lactating women.



BIO Reishi Coffee

Premium 3-in1 Instant Coffee with Ganoderma Extract



19190 | 20 sachets

Ingredients:

Coffee, Non-dairy Creamer, Sugar, Ganoderma Extract

Great tasting 3-in-1 coffee blend enriched with the purest form of the ancient Chinese herb, Ganoderma Lucidum. Bio Reishi coffee gives just the right perk you need to jumpstart the day. With the health-giving benefits of the Chinese herb, Reishi Mushroom (Ganoderma), this will surely be the perfect gift for family and friends year round! Ganoderma lucidum/Reishi is a kind of herbal mushroom that grows on dead logs, and is one of nature's earliest wood decomposers. In the past, due to its rarity, only emperors had the privilege of using the prized mushroom for their health problems, thus gaining the moniker, "Herb of the Emperor". Ganoderma can facilitate liver detoxification, improves immune system strength, improves blood circulation and assist in healing process.

Features & Benefits:

- Contains 1 g of pure Ganoderma extract per sachet.
- Great tasting, with a distinct cappuccino-like flavor.
- Helps improve focus and restores mental alertness.
- Improves physical performance and endurance.
- Increases metabolic rate causing the body to burn more calories.
- Helps encourage liver detoxification.

Features & Benefits:

- Mix 1 sachet with hot water and stir well. Enjoy any time of the day.



NOURISH





17754 | HDPE (60 capsules/bottle)

Ingredients:

Fruit Infusion: Proprietary Fruit Juice Blend (plum juice powder, cranberry juice powder, blueberry juice powder, strawberry juice powder, blackberry juice powder, bilberry juice powder, cherry juice powder, apricot juice powder, papaya juice powder, orange juice powder, grape juice powder, pineapple juice powder).
Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide, Capsules of plant origin (plant cellulose).

Vegetable Infusion: Proprietary Vegetable Juice Blend (parsley juice powder, kale juice powder, spinach juice powder, wheat grass juice powder, brussel sprouts juice powder, asparagus juice powder, broccoli juice powder, cauliflower juice powder, beet juice powder, carrot juice powder, cabbage juice powder, garlic juice powder).
Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide, Capsules of plant origin (plant cellulose).

Daily Produce 24®

Your Daily Infusion of Fruits and Vegetables



Daily Produce 24 Fruits & Vegetable Infusion will help improve your health in several important ways. In particular, these vegetable and fruit juice powders have been shown to protect the body against oxidative damage by free radicals. The fruits and vegetables used in Daily Produce 24 are not subjected to any unnecessary processing, heating or pasteurization, which can damage phytonutrients and weaken potency. The fruit and vegetables are pulped in a manner that retains all the nutrient sources, and the liquid is then gently flash-dried to minimize damage to nutrients. The resulting high-potency powder is encapsulated without added binders and fillers.

Features & Benefits:

- Adults and children who want to supplement their diet with antioxidants and phytonutrients and reduce oxidative stress.
- Whole food nutrition product combining 24 different fruits and vegetables in gelatin free- capsules –suitable for vegetarians.
- Provides the body with essential daily phytonutrients.
- Promotes cardiovascular and immune health.

Best Taken With:

- BioLife Mannos - Increase bioavailability of vitamins and minerals.

Recommended Use:

- Take 1 capsule of vegetable infusion and 1 capsule of Fruit Infusion daily with meals

BIOS LIFE™

Bio-C™

High Potency Vitamin C

Bio-C provides three select forms of Vitamin C along with bioflavonoids to promote absorption.

Features & Benefits:

- Supports collagen production by providing vascular stability necessary for proper cardiovascular function.
- Promotes healthy immune functions.
- Provides antioxidant protection.

Best Taken With:

- Cardio Basics - Clinical studies prove its efficiency in reducing atherosclerotic plaque sized.
- Bios Life Mannos and Immunizen - Antioxidant and immune system support.

Recommended Use:

- Take one tablet two times a day.



PDR 
Information for better health

0954 | NDPE Bottle (60 tablets)

Ingredients:

Ascorbyl Palmitate, Calcium Ascorbate, Magnesium Ascorbate, Ascorbic Acid, Citrus Bioflavonoids



19840 | HDPE Bottle (60 tablets)

Ingredients:

Vitamin A, Vitamin C, Vitamin D, Vitamin E, Thiamin, Riboflavin, Niacin, Vitamin b6, Folic Acid, Vitaminb12, Biotin, Pantothenic Acid, Calcium, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Lutein

Core Health® Basics

Daily Multivitamin & Mineral Supplement

A balanced multivitamin/mineral formulation designed to deliver the nutrient your body needs for long-term wellness and vitality.

Features & Benefits:

- Provides 20 essential vitamins, minerals and antioxidants.
- Bridges the daily nutritional requirements for essential nutrition.
- Provides antioxidant protection.

Best Taken With:

- Bios Life Mannos - Increase availability of vitamins and minerals.

Recommended Use:

- Take two tablets daily with meals.

UNICITY SOY PROTEIN

High Quality Protein with Standardized Isoflavones

Contains powerful natural nutrients called phytoestrogens, plant-derived non-steroidal compounds that possess estrogen-like biological activity.

Features & Benefits:

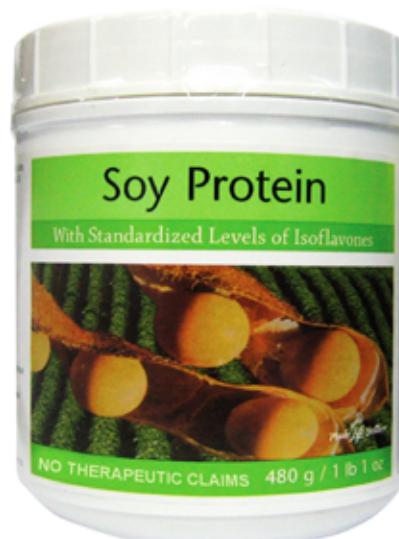
- Good source of high quality and highly digestible protein with 18 amino acids, including all 8 essential amino acids.
- Good alternative to animal protein.
- Has been shown to help support healthy female reproductive system and is also good for the heart.
- Helps improve bone health.

Best Taken With:

- Calcium Magnesium - Enhanced bone health especially for menopausal women.

Recommended Use:

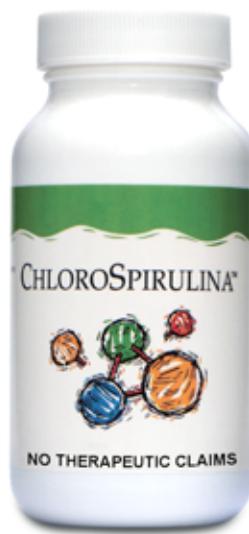
- Mix 1 level scoop (16 g) with oz of water, juice, vegetable juice, milk or other drinks you prefer. Mix well and drink 2-3 times a day.



15726 | HDPE Bottle (480 g powder)

Ingredients:

Isolated Soy Protein, Crystalline Fructose, Tri-Calcium Phosphate, Xanthan Gum, Soybean Isoflavones, Papain, Bromelain



13822 | HDPE Bottle (60 tablets)

Ingredients:

100% Spirulina powder

CHLOROSPIRULINA™

Naturally Harvested Blue-Green Algae

ChloroSpirulina contains the blue-green algae Spirulina, harvested from the purest section of Oregon's Klamath Lake. Spirulina is a whole food source of protein, beta-carotene, GLA, B vitamins, minerals, chlorophyll, sulfolipids, glycoprotein and more.

Features & Benefits:

- Great alternative source of protein especially for vegetarians.
- Supports the circulatory, cardiovascular & immune function.
- Supports healthy blood sugar levels.
- Enhances natural cleansing & detoxification.
- Assist in weight loss goals.

Best Taken With:

- Bios Life S - To accelerate fat loss and achieve weight loss goals.
- Bios Life C and LiFiber - Better blood sugar and cholesterol levels.

Recommended Use:

- Take one tablet 3 times daily with a large glass of water.

TARGET





Ubiquinol - CoQ10

Supports Cardiovascular Health

Ubiquinol CoQ10 is the reduced, active antioxidant form of CoEnzyme Q10 (CoQ10). Produced naturally within the body, Ubiquinol is CoQ10 that has been converted into a substance necessary for use in cellular energy production. In addition to its critical role in energy production, it is one of the most powerful known lipid-soluble antioxidant available, protecting the body's cells from damage caused by oxidative stress and free radicals. The body's ability to produce CoQ10 declines with age, as does the ability to convert it into ubiquinol. Ubiquinol levels have been shown to be suppressed in older individuals and those with cardiovascular, neurological, liver- and diabetes-related conditions.



Features & Benefits:

- Plays essential role in cellular energy production
- Lipid soluble antioxidant that protects the body from the damaging effects of free radicals
- Naturally regenerates other antioxidants such as Vitamins A, C and E
- Supports healthy cardiovascular, neurological and immune function
- Increases energy, stamina and general wellness.
- Ideal for those who are 40 and older or are affected by age-related health conditions

Best Taken With:

- Bios Life C, Bio C, Salmon Omega 3 - Synergistic heart health benefit.

Recommended Use:

- Take 1 softgel daily

27230 | HDPE Bottle (60 softgels)

Ingredients: Ubiquinol, Sunflower Oil, Yellow Beeswax, Sunflower Lecithin

CAUTION

- Do not take while on blood thinning medication without consulting a doctor.

COLLAGEN PLUS

Promotes beauty from within

Collagen is a long-chain amino acid and the most abundant protein in the body, comprising about 30% of the body's total protein content, and 70% of the protein in the skin. It contains much larger amounts of the amino acids glycine and proline than many other proteins. These amino acids are necessary for promoting healthy tissue growth of hair, skin and nails.



Features & Benefits:

- Supports healthy tissue growth of hair, skin, nails and bones.
- Improves skin hydration, elasticity and tone.
- Protects the skin from premature aging.

Best Taken With:

- Bio C - Higher absorption and helps in collagen synthesis.

Recommended Use:

- For adult use only. Combine 2 teaspoons (4g) with 240 ml of water and mix well. Use once daily or as prescribed by physician.

27067 | HDPE Bottle (92 g powder)

Ingredients: Fish Collagen, Lutein, CoQ10, Natural Raspberry Flavor, Citric Acid, Maltodextrin, Silicon dioxide, Sucralose

CAUTION

- Do not take Collagen Plus if you are taking anti-coagulant drugs without consulting a doctor.

Salmon Omega-3 Oil

Caring for Your Heart



0420 | HDPE Bottle (60 Tablets)

Ingredients:

Salmon Oil, Vitamin E

Provides beneficial Omega-3 fatty acids that supports normal heart and brain function. It also helps maintain healthy cardiovascular function by promoting healthy triglyceride levels, vascular tone and blood pressure.

Features & Benefits:

- Supports regular heart function
- Supports healthy blood pressure and normal blood flow
- Supports healthy brain and nerve function
- Supports memory and mental clarity

Best Taken With:

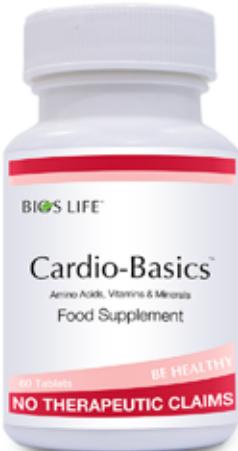
- Cardio Basics and Bio C - For a synergistic synergistic heart health benefits.

Recommended Use:

- Take 2 softgels daily with water.

Cardio-Basics™

Essentials Cardiovascular Nutrients



0965 | HDPE Bottle (60 Tablets)

Ingredients:

Cardio Amino Granulation, TriCalcium Phosphate, Ascorbic Acid, Magnesium Oxide, Ascorbyl Palmitate, Potassium Chloride, L-carnatine, Inositol, Calcium D-Pantothenate, Niacinamide, Vitamin E, Niacin, Biotin, Co-Enzyme Q10, Pycnogeno Beta Carotene, Manganese Sulfate, Pyridoxine HCl, Riboflavin, Thiamin Mononitrate Molybdenum Yeast, Sodium Selenite, Vitamin D, Folic Acid, Cupric Oxide, Cynocobalamin, Chromium

Cardio-Basics is a high potency essential multivitamin, minerals, antioxidants, and amino acids, combined scientifically to help nourish cells and optimize cellular regeneration for overall cardiovascular health maintenance.

Features & Benefits:

- Good source of essential heart friendly nutrients for overall cardiovascular maintenance. Supports proper circulatory function and maximize the body's oxygen use to promote endurance.
- In clinical studies, participants using Cardio-Basics and Bio-C saw a significant reduction in artery wall thickness, removal of calcification deposits, and reduced risk for cardiovascular disease when compared to the placebo group.

Best Taken With:

- Bio C and Salmon Omega-3 -synergistic heart health benefit.

Recommended Use:

- Take 2 tablets daily with water.

CAUTION

Cardio Basics™ is well tolerated. Contains Chromium and Niacin. Do not use if pregnant, nursing, diabetic, or when taking other niacin-containing supplements.

Taking fish oils along with medications for highblood pressure might cause your blood pressure to go too low. Medications that slows blood clotting also interacts with fish oil.



27018 | HDPE Bottle (210 g)

Ingredients:

Calcium Amino Chelate, Magnesium Amino Acid Chlare, Manganese Amino Acid Chelate, Boron Amino Acid Chelate, Vitamin D3

UNICITY CALCIUM-MAGNESIUM COMPLEX

Nourish Bones & Regulate Groth

A unique calcium-magnesium powdered drink which is easily blended with liquid and quickly absorbed by the body.

Features & Benefits:

- HALAL Certified.
- Provides high calcium, magnesium, manganese and boron at its most absorbable.
- Nourishes bones and regulates growth.
- Adequate Calcium and Vitamin D throughout life, as part of a well balanced diet along with physical activity may reduce the risk of osteoporosis.

Best Taken With:

- Core Health Basics & Soy Protein - More enhanced bone health especially for post menopausal women.

Recommended Use:

- Take one rounded teaspoon daily in half cup of water or juice.



11487 | HDPE Bottle (60 capsules)

Ingredients:

Glucosamine HCl, Chondroitin, Sulfate, Devil's Claw Root, Shark Cartilage Extract

GLUCOSAMINE AJF®

Advanced Joint Formula

Glucosamine AJF features a special combination of natural ingredients that promote joint health.

Features & Benefits:

- Provides the building blocks for joint cartilage.
- Helps protect the existing cartilage.
- Promotes normal, healthy joint and spine function.
- Supports the body's manufacture of collagen.

Best Taken With:

- Bio-C - For more enhanced joint health connective tissue repair.

Recommended Use:

- Take 2 capsules with water daily after breakfast.

CAUTION

- Do not take Glucosamine & Osteo Essentials if you are taking anticoagulant drugs like Warfarin. Scientific reports describe enhanced anticoagulant effects when glucosamine has been taken with warfarin. Glucosamine should also be used in caution in patients taking antiplatelet drugs like aspirin.

Liver Essentials™

Liver Support & Antioxidant Protection

this Proprietary formula combines cutting-edge ingredients into an effective formula targeted at making sure the liver has the support it needs to be a powerful protector of the body's health. Liver Essential contains the main active constituent, of Silymarin called Silybin bound to phosphatidylcholine (Silybin Phytosome). This complex is considered as the most absorbable form of Silybin. Silybin Phytosome serves as a natural protector of liver cells.



15880 | HDPE Bottle (90 capsules)

Ingredients:

N-acetyl L-cysteine, Picrorhiza Kurroa, Silybin Phytosome, Schisandra Berry Extract, Green Tea Extract, Turmeric Extract

Features & Benefits:

- Nourishes and cleanses the liver.
- Aids in stabilizing cell membranes and restoring the normal ultra structure of the liver.
- Promotes health in the liver, bile ducts, gallbladder and spleen.
- Promotes liver detoxification.

Recommended Use:

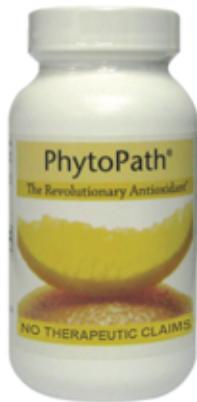
- For adult use only. Take 1 capsule 3 times daily at mealtime, with water.

Best Taken With:

- Unicity Chlorophyll - For enhanced blood and liver detoxification.

PhytoPath®

The Revolutionary Antioxidant



14785 | HDPE Bottle (90 capsules)

Ingredients:

Vitamin C, N-acetyl cysteine, Green Tea, Turmeric, Vitamin A, Grape Seed, Alpha Acid, Vitamin E, Quercetin, Rutin, Pine Bark Extract, Pomegranate Extract, Apricot Extract, Prune Extract Citrus Bioflavonoids, Red Wine

This Supplement contains substantial standardized amounts of some of the best antioxidant substances available. These antioxidants protect our cells from the damaging effects of free radicals, harmful oxygen molecule that damage or kill cells. Low levels of antioxidants, or inhibition of antioxidant enzymes causes oxidative stress which are thought to be one of the contributing factors for the development of age-related macular degeneration, premature aging and diseases like cancer, cardiovascular & neurodegenerative disease.

Features & Benefits:

- Helps fight premature aging.
- Supports healthy immune defenses.
- Counteracts oxidative stress.

Best Taken With:

- Nature Force, Bio C, Immunizen and Bios Life Mannos - For an enhanced antioxidant and immune boost.

Recommended Use:

- Take 3 capsules daily at mealtime, with water.

BIOS LIFE® Vision Essentials™

Maintain Optimal Eye Health



PDR
Information for better health

24758 | HDPE Bottle (60 capsules)

Ingredients:

Ascorbic Acid, Zinc Gluconate, Lutein, Optiberry Blend (Wild Blueberry, Strawberry, Cranberry, Wild Bilberry, Elderberry, Raspberry Fruit Extract), Zeaxanthin, d-alpha-tocopheryl acetate, Beta Carotene

Bios Life Essentials is a powerful antioxidant formulation designed to protect the eyes from damaging free radicals and support healthy vision. This potent formula is based on the groundbreaking National Institute of Health (NIH) AREDS I & II studies that found a combination of antioxidants helps delay the onset of the Age-Related Macular Degeneration (AMD)

Features & Benefits:

- Naturally supports healthy vision.
- Helps improve visual acuity.
- Helps protect eyes against photo-oxidation from sunlight.
- Helps delay onset of Age-Related Macular Degeneration

Best Taken With:

- Salmon Omega 3 Oil - reduce risk of AMD
- Nature Force or Phytopath - More synergistic antioxidant effect.

Recommended Use:

- Take 2 capsules daily preferably with meals.

CAUTION

- Liver Essentials, Phytopath, and Vision Essentials are not recommended for pregnant and lactating women. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

BIO'S LIFE™ MANNOS™

Natural Immune Regulator

An aloe-vera based product which contains highly concentrated large chain aloe polysaccharides. It essentially activates & empowers your immune system by increasing production of cytokines "immune system messenger" thereby helping other immune cells to fight disease-causing microorganisms.



24631 | HDPE Bottle (60 capsules)

Ingredients:

Aloe Vera Gel, Rice Bran, Silicon Dioxide

Features & Benefits:

- Provides armor of protection against minor and major infectious diseases.
- Strengthens and regulates immune system.
- Supports faster recovery from illness.
- Supplies the body with antioxidants.
- Potentiates the effect of multivitamin therapy.

Best Taken With:

- Corehealth Basics and Bio C - Increases bioavailability of nutrients
- Unicity Chlorophyll - Faster and more effective wound healing.

Recommended Use:

- Take 1-2 capsules daily. Can be taken by children ages 12 and up.

Nature Force®

Antioxidants derived from whole food



0667 | HDPE Bottle (60 capsules)

Ingredients:

DiCalcium Phosphate, Vitamin C, Mixed Merry Skin Extract, Cruciferous Vegetable Concentrate, European Wine Grape Concentrate, Antioxidant Plant Enzyme, Green Tea Extract, Garlic Powder, Carrot Juice Crystals, Vitamin E, Beta Carotene, Selenium Yeast, Rose Hips

Nature Force represents Unicity's revolutionary approach to cellular protection. This supplement combines the antioxidants in real food pigments and cruciferous vegetables with pure, high-quality antioxidant vitamins for a potent daily formula rich in vitamins and minerals that are proven free radical scavengers.

Features & Benefits:

- Antioxidant protection for daily use.
- Supports cellular health.
- Supports healthy immune function.

Best Taken With:

- Antioxidant products like Bio C, Bios Life Mannos, and Phytopath - For utmost protection against free radicals.

Recommended Use:

- Take 2 tablets daily with water.

Immunizen®

Fortify your body's immune defense



PDR
Information for better health

18401 | HDPE Bottle (60 capsules)

Ingredients:

Bovine Colostrum, Arabinogalactan, Beta-glucan, Lactoferrin

A cutting edge supplement designed to fortify and strengthen the body's natural resistance through a patented form intact Colostrum and other ingredients that supply key immunoglobulins, antibodies, inhibitors, protein compounds, growth factor and enzymes.

Features & Benefits:

- Boost and strengthen body's immune system.
- Helps protect the body from invading pathogens especially on antibiotic resistant strains.
- Supports peak performance and endurance.
- Supports healthy intestinal flora by promoting the growth of friendly bacteria.
- Helps the body make better use of iron.

Best Taken With:

- Bios Life Mannos and Bio C - Synergistic immune health

Recommended Use:

- For Adult Use. Take 2 capsules once daily with water 1-2 hours before meal. For additional immune support, take 6 capsules daily for 10 days as needed.

CAUTION

- Immunizen contains milk. Caution should be observed when recommending this product to people with lactose intolerance.



BIOS LIFE™ Air

High Performance Air Filter



Most of the pollution is invisible to the naked eye. Polluted air contains millions of small solid and liquid particulates which can have tremendous impact on human health. The particles as small as 5 microns can be suspended in the air over 20 minutes and penetrate into the lungs. The particles less than 1 micron can permanently be suspended and are most harmful to health.

Bios Life Air is a high performance air filter that can be used in the home, office and even in your personal vehicle to make air clean for enclosed space, room and work areas. It removes tobacco smoke, dust & pollen, molds, bacteria and other airborne pollutants.

Features:

- Uses a combination of Multi-Stage Air Filter Media and Negative Ionization,
- Has 4-Stage Cleaning Power that traps micro particles down to 0.01 microns while reducing unpleasant odors.
- Uses 3M Air Filter and Activated Carbon Filter.
- Maximum effective cleaning area of 36 square meters and can be operated 24 hours a day.
- Low power consumption of 36 Watts.
- Comes with 5 years warranty.

24402 | Bios Life Air

24662 | Bios Life Car Air



24403 | Bios Life Air Filter
24663 | Bios Life Car Air Filter

When and How Often to Change the Filter?

The life span of your filter depends on the frequency of use and concentration of airborne pollutants in your room area.

Continuous use under typical conditions, the filter could last up to 6 months. However it may vary because of individual conditions. So, it is important to refer to the filter change indicator on the backside of unit.

The white filter begins to discolor so quickly. This means the air cleaner is working and airborne particles are collected on the filter which makes it more difficult for new particles to pass through the filter. Although the filter may look very dirty, continue to use it until the color matches the color change indicator label.

Frequently Asked Questions

BIOS LIFE BASICS

BIOS LIFE C

Q: Why does a person with a regular diet containing lots of fish and vegetables, without much seafood and fried food, have high cholesterol of 343mg/dl? Could it be a genetic problem?

A: Cholesterol comes from two main sources in the body. One is diet; the other is the body's own production in the liver. That last portion accounts for 75% of the cholesterol pool. Diet is therefore important, but not as important as our own production. People that have a genetic difference in cholesterol synthesis is called FH (familial hypercholesterolemia), and they have a higher cholesterol level regardless of their diet. So it is certainly possible to have a cholesterol level of 343 mg/dl.

Bios Life will be effective for this type of patient as well, since it combines four different mechanisms of lowering cholesterol.

Q: What is the difference in Bios Life Complete and LiFiber?

A: Bios Life Complete is our cholesterol lowering product, it is mainly soluble fiber. LiFiber is designed to clean out your digestive system, it contains more insoluble fiber than soluble fiber to clean out the intestinal system and it also contains a lot of herbal extracts to nourish and soothe the inside of the digestive tract. You can combine both without any problem.

Q: Bios Life Complete is very difficult to drink, why don't you have a tablet form?

A: Bios Life Complete is much improved in taste and is easier to drink. With tablets or capsules you would need to take 7-8 per serving to get the amount of material in one serving of Bios Life Complete. More importantly the correct effect of Bios Life Complete happens because it is dissolved in water together with the calcium salt in it and forms a large gel matrix to get the proper effect. A tablet would be very highly condensed and would not form the gel matrix.

Q: What is the daily dose of Bios Life Complete? Is one packet a day, in the morning, sufficient to maintain already good cholesterol levels?

A: Two packets or servings of Bios Life Complete works best when combined with a substantial

meal, preferably at lunch or dinner, It is good to take it in the morning also as long as you take it at the heaviest meal of the day. The benefits of Bios Life Complete are good for you, even if you have good cholesterol levels it is advised to take 2 packets a day. This helps to prevent you from going from good to bad levels of cholesterol as you grow older and cholesterol goes up. There are a lot of benefits on top of the cholesterol lowering effect. It will promote good immune levels and digestive tract effects of fiber.

Q: Are there any known side effects, to the kidneys, liver, etc., in taking Bios Life Complete?

A: None. Our studies included complete liver metabolic panels which showed no changes in the standard parameters that would indicate damage to these organs.

Q: What is the best regimen to follow on starting with Bios Life Complete to the following group of people?

- I.) People who are currently not using any product to control cholesterol.
- II.) People who are currently taking prescription medication to control cholesterol and want to switch to Bios Life Complete.
- III.) People who are currently using prescription medication to control cholesterol and who want to combine it with Bios Life Complete.
- IV.) People who are diabetics.

A: For group I: This group can start with Bios Life Complete immediately. Since most people are not used to high fiber intake in their diet, it is advised to introduce the extra fiber in Bios Life Complete stepwise. This means that it is best to start with one packet of Bios Life Complete per day taken 10 minutes before dinner. After about one week, the dose can be increased to 2 packets a day.

For group II: This group of people has already interfered with cholesterol metabolism because they are currently taking a product. It is important to realize that the body does not like changes to its cholesterol level (or any blood parameter level for that matter). This is called homeostasis, or keeping everything as it is. For instance, when person is taking statin drug that inhibits the synthesis of cholesterol in the liver, his body develops biological mechanisms that counteract this cholesterol-lowering effect. When the liver synthesis of cholesterol is being blocked by

the statin, the absorption of cholesterol in the gastrointestinal tract will be increased, and vice versa. If this person suddenly stops taking his statin drug, the effect of the statin on liver production disappears, but the counteraction mechanism are still there because the body adapts slowly to a new biochemical situation. That will result in the well-known statin rebound.

Cholesterol values will quickly shoot up; often to values that are higher than the person started with. The best way to introduce Bios Life Complete to this group of people is to add Bios Life Complete to the currently used product for a period of two months. In the first month, the products are taken together at their normal dosages. In the second month, the drug is slowly reduced in dose over a month's time so that at the end of the second month, the person quits taking the original product. Never change any prescription medication without consulting your doctor. By introducing Bios Life Complete, this way, the body will adapt to the new cholesterol-controlling mechanisms and will not experience a rebound. In this way, Bios Life Complete is expected to improve cholesterol and lipid values even further, without an initial worsening of the values.

For group III: This group of people can introduce Bios Life Complete in a similar way as Group I. The mechanisms of Bios Life Complete will further enhance the cholesterol levels of this group, and often it is seen that patients will need a lower statin dose or may even completely quit using this medication. Never change any prescription medication without consulting your doctor. When reducing or quitting a statin drug, make sure it is not done abruptly, but slowly over time.

For group IV: Bios Life Complete has beneficial effects for patients with diabetes. The carbohydrates (sugar) from food will be absorbed more slowly, and the effect they have on the glucose levels in the blood will be reduced. This has implications for the medications that diabetics are using. For those of you who use type II diabetic medications, such as metformin, insulin, or both to control diabetes, the glucose-control effect of Bios Life Complete is going to reduce the need for medication.

This is good but needs to be discussed with a doctor, since he or she needs to be aware of

this reduction in medication need, so that the prescription regimen can be adapted. You will also observe lower glucose values in your daily finger-stick measurements. Another ingredient in Bios Life Complete has this effect as well: chromium. This mineral is known to enhance the effect of insulin. In other words, the insulin will work better, and will reduce the glucose values faster in the blood. This is another reason why you and your doctor should be aware of the positive effects that Bios Life Complete will have for your glucose control.

Q: I noticed that Bios Life Complete is sweetened with Sucralose. What is Sucralose and is it safe?

A: Sucralose, a low-calorie sweetener, is the sweetening ingredient used worldwide in more than 4,000 food, beverage and nutritional products. The safety of sucralose has been confirmed by leading medical, scientific, and regulatory authorities around the world including the US Food and Drug Administration (FDA), the Joint (Food and Agriculture Organization/World Health (Organization) Expert Committee on Food Additives, European Commission's Scientific Committee on Food, Health Canada, and Food Standards Australia/New Zealand.

Q: It sounds like Bios Life Complete has a form of H&G collate similar inhibitors that are the basis of statins. Does Unicity research show potential liver effects in patients that are already using statin medications?

A: Policosanol in Bios Life Complete works in a similar way as statins but it is not the same thing. Statins bind in the cavity of the enzyme to prevent it from working and policosanol binds on the outside to prevent in a different way, so the side effects are not present with policosanol. With statins after 12 weeks certain proteins are being made by the liver that indicates the damage that is occurring. Unicity checked liver parameters in a study in Guam, we looked at base line liver parameters and after 6-12 weeks nothing showed that the liver was affected in any way.

Q: Will Bios Life Complete be as effective if mixed with a carbonated drink?

A: As long as one does not mix Bios Life Complete with warm water, it is ok. Carbonated water or soda pop does not interfere with the mechanisms. Should you heat the product, the phytonutrients present in the product may be destroyed and that will limit the effectiveness of the product.

Frequently Asked Questions

BIOS LIFE E

Q: Bios Life E is made from Matcha? What is matcha?

A: Matcha is a powdered form of green tea and is served by mixing with either warm water or milk. It is also grown and harvested in a slightly different way to standard green tea in that it is shade grown for the final few months to allow the leaves to fill with chlorophyll and exude a vibrant green colour.

Q: Does matcha contain caffeine?

A: Yes, it does. A recommended 1g serving contains 126mg of caffeine. Most experts consider 200-300mg of caffeine per day to be an acceptable level.

Interestingly, Matcha is both a stimulant and a relaxant, so it can help you stay alert and focused on your work or play, and it can also help you calm yourself for meditation.

Q: How much Bios Life E should I have in a day?

A: We recommend you should 1 serving per day (to keep within the lower recommended caffeine limit of 200mg). One sachet can give you the health benefits and improved mental alertness that Bios Life E delivers, throughout the entire day.

Q: What time of the day should I drink Bios Life E?

A: You may take Bios Life E in the morning, early afternoon or whenever you need an extra boost of energy.

Q: Is it safe to drink Bios Life E when pregnant or nursing?

A: It is not recommended for pregnant or nursing women to use Matcha. Those with sensitivity to caffeine should also use with discretion.

Q: Who else should avoid Bios Life E?

A: Caffeine is a stimulant and a hyperactive child may need to avoid it. Those who are taking medication should consult their doctors before taking this product since many drugs will interact with caffeine.

Q: I drink lots of coffee—why should I drink Matcha?

A: In addition to providing an energy boost, the super antioxidants, resveratrol, B vitamins, choline, and L-theanine in Chi-Oka Matcha provide

improved mental focus and replenish electrolytes lost in exercise.

BIOS LIFE S

Q: What is Bios Life S?

A: Bios Life S is a revolutionary fat burning product; providing the first scientific breakthrough in fat loss in over 30 years. Containing natural, proprietary ingredients, Bios Life S helps your body naturally regulate the amount of fat stored.

Q: How does it work?

A: Bios Life S contains proprietary ingredients that help reduce your appetite, absorb and remove fat, promote your body's fat burning ability, decrease leptin resistance, lower your triglycerides and improves your cholesterol levels.

Q: What ingredients in Bios Life S promote fat loss?

A: Biosphere FiberTM and Unicity 7xTM (proprietary blends).

Q: How quickly can I see results with Bios Life S?

A: A “diet” is something you do to your body; Bios Life S is something you do with your body. You’re gradually training your body to burn fat, not store it. It usually takes about three (3) months or 90 days to balance your body’s ability to regulate fat. However, you will likely see fat loss within the first six weeks. Most users of Bios Life S begin “feeling better” within days, and report that a reduction in size starts less than 30 days later.

Q: Who can drink Bios Life S? Can children drink Bios Life S?

A: Bios Life S is derived from natural ingredients so it is safe for all ages, but is recommended for adults and teenagers who want to lose excess fat or preventing gaining additional fat. Bios Life S is a food for any age group. More children are experiencing problems with weight and fat tissues than ever before. Children 6-12 years of age should consume only half serving of Bios Life S. For children under six, we recommend you consult your pediatrician about adding Bios Life S to their diet.

Q: Can hypertensive and diabetic patient drink Bios Life S?

A: Hypertensive and diabetic patients can safely take this product if they monitor their blood pressure and blood glucose levels and work

with their health practitioner to adjust their medications accordingly.

Q: How often and when is the best time to drink Bios Life S?

A: For best results, drink Bios Life S at least twice a day, 10-15 minutes prior to meals. If you forget to drink Bios Life S before eating, drinking it with your meals will still provide same benefits.

Q: Can I drink Bios Life S with Bios Life C?

A: Absolutely, combining Bios Life C will add more fiber to your diet and possibly enhance the functionality of the product.

Q: Can you drink Bioslife Slim with medications?

A: Bios Life S is considered as food. If you have specific questions about your medication, ask your physician if it is acceptable to take medication with a fiber drink.

Q: Can you drink Bios Life S with alcoholic beverages?

A: We don't recommend dissolving the packet contents in alcoholic beverages; however, the product is safe to drink before a meal where alcoholic beverages are consumed.

Q: Should I continue drinking Bios Life S when I have achieved my fat loss goal?

A: As with all Bios Life products, drinking it means making a lifestyle change. We recommend continuing the product even after goals have been achieved.

Q: Can I expect side effects?

A: People who do not have adequate fiber intake (like most of us) may experience effects originating from increased fiber intake due to Bios Life S. These effects may be loose stools, abdominal discomfort, constipation, or flatulence (gas formation). These are all normal effects of fiber in your diet, and are nothing to worry about. Should you belong to the small group of people that have these effects, they are likely to disappear within days of starting Bios Life S. Always make sure that you drink adequate water with Bios Life S.

Q: What other benefits can I get from Bios Life STM aside from fat and weight loss?

A: Bios Life Complete is the base product of Bios Life S. This means that benefits from Bios Life Complete can be also expected. Therefore, it also

provides the following benefits:

- Increased energy
- Reduced glycemic index of foods you eat
- Improved cholesterol levels
- Balanced blood sugar
- Improved lipid profiles
- Regulated bowel function

Q: Why don't I see results?

A: If you're drinking Bios Life S and you're not seeing your desired results, some things might be affecting your success, such of lack of compliance, hormonal imbalance, stress, lack of sleep, improper nutrition (high fat diets and high carb diets). There are 5 steps to help you see more results when drinking Bios Life S.

- i. Hydrate
- ii. Be active
- iii. Get enough sleep
- iv. Cleanse
- v. Nutrition

LEAN COMPLETE

Q: If I take the Lean Complete Meal Replacement, do I still need to take a vitamin/mineral supplement?

A: It is recommended to take additional supplements along with the meal replacement. The Lean Complete Meal Replacement provides you with the basic vitamins and minerals equal to one meal.

Q: Does the Lean Complete Meal Replacement contain any caffeine?

A: No. The formulation does not contain caffeine.

Q: Can vegetarians consume the Lean Complete Meal Replacement?

A: The formulation contains protein from milk and whey, so it is not a vegetarian product.

Q: Can people with concerns about blood-sugar levels use the Lean Complete Meal Replacement?

A: It is recommended that anyone with any type of health condition should check with a physician before consuming this product.

Q: What is the recommended amount per day?

A: We recommend one serving once daily to maintain weight and to supplement your diet with fiber and protein. For those trying to lose weight, we recommend that you replace two meals with

Frequently Asked Questions

two servings of Lean Complete®. When taking LeanComplete, supplement with Bios Life S to help curb cravings and put your body in a fat-burning state.

CLEANSE

ClearStart

Q: I've gone through the clearing process once. Can I take it again in the future?

A: Yes. To stay clear of parasites you will need to repeat the process periodically. Clearing twice a year is a good idea. An easy way to remember to clear is to treat it as your "spring" and "fall" cleanse. As for LiFiber, this should become a regular part of your daily routine. To keep your colon healthy day-to-day, you need adequate fiber and your bowels need to move regularly.

Q: Can I take other supplements while I'm on ClearStart?

A: Yes, but with caution. If you have not taken supplements before, we recommend you complete at least one ClearStart® program prior to beginning with other supplements. Your body cannot extract nourishment from the food and supplements you consume if you have parasites, or if your digestive tract is clogged. Should you choose to begin with other supplements immediately, do not worry you will not hamper the clearing process.

Q: Will I have cleared my system of parasites in 30 days?

A: It's hard to say. Because nature works more slowly than a chemical-based parasite program, an herbal program will take quite a bit longer. Exactly how long will depend upon the individual and their level of health. ClearStart is designed for 30 day cycles but you can customize a 30, 60 or even a 90 day program. You may decide that you want to continue - that's up to you. If you wish, a health care practitioner can also help provide more information to help you decide.

Q: How do I kill parasites that I may have?

A: Actually, you won't kill them. If a parasite dies while still in your gastrointestinal tract, it may release a host of toxins which your body will reabsorb. Ultimately you want to eliminate the parasites before they die. The best way to do this is to relax the parasites so that they release their grip on your tissue. Your body can then dispose of

them through normal channels.

Q: Is there anyone who cannot take ClearStart?

A: Yes. We do not recommend this program for pregnant or nursing women and children.

PrimeStart

Q: What is the difference of Clearstart and Primestart?

A: Bios Life PrimeStart is the combination of the Paraway Plus, LiFiber, Aloe Vera or Nature's Essential Tea plus the Bios Life Probionic.

Primestart is an enhanced system of cleansing while maintaining a healthy gut. Bios Life Probionic helps repopulate the digestive system with proper intestinal flora balance for effective digestion and overall health.

LIFIBER

Q: If I am already taking Bios Life Complete or Bios Life S, can I still take this product?

A: Yes. It is suggested that we take in 25 - 30 grams of fiber daily. You can certainly get the fiber from multiple sources, such as the Bios Life Complete or Bios Life S.

Q: I knew for a fact that Nature's Essential tea and LiFiber are both colon cleansing products, is there any difference between the two?

A: LiFiber is a bulk-forming laxative while Nature's Essential tea is a stimulant laxative. Bulk-forming adsorb water to soften the stool and increase its bulk, making it easier for peristaltic action to move it along. It can be taken every day to prevent constipation and to maintain regular bowel movements. Nature's Essential Tea on the other hand is a stimulant laxative which is not for long term use and indicated for people that have severe acute constipation.

Q: Is there any contraindications or precautionary measures on the use of LiFiber?

A: LiFiber should be taken with at least a full glass (8-10 ounces) of fluid to be safe and effective. This can minimize the possible esophagus, stomach, small intestine and colon obstruction experienced by some patients. Therefore, it may not be appropriate for patients who must restrict oral fluid intake such as patients with kidney failure. Patients with narrowing of the digestive tract (esophageal stricture & intestinal stricture) and

inflammatory bowel disorder (Crohn's Disease & Ulcerative Colitis) should not use LiFiber without their doctors' approval due to the risk of blockage of the intestine or the esophagus and worsening of disease symptoms.

Q: Can I expect side effects from the use of LiFiber?

A: People who do not have adequate daily fiber intake (like most of us) may experience effects originating from increased fiber intake due to LiFiber. These effects may be loose stools, abdominal discomfort, bloating and, flatulence (gas formation).

Q: Can children take LiFiber?

A: Children starting 6-12 years of age can take LiFiber half the adult's recommended dose (1/2 scoop equivalent to 5 g).

PROBIONIC

Q: How important is the "refrigeration" requirement for this product? While cleaning my office found a box containing 2 orders of Probionic that I received in March. Can I still safely take this product even though it has not been under refrigeration? Does the potency suffer if not kept cold, or does the product actually deteriorate. Not planning on selling it, but was bought for my own consumption, and don't want to throw it away, unless it is unsafe. Please advise.

A: This product contains live cultures, and they will deteriorate when the product is not refrigerated. Given the time frame, there will be a substantial amount of bacteria present, but not the full 100%. It is, however, still safe for consumption. It is advisable to take the product now.

PARAWAY PLUS

Q: How often should I use this product?

A: It is recommended to use the Paraway Plus at least two times each year. It may be used more if you travel extensively or if you feel that you may have been exposed to negative internal organisms.

Q: What types of parasites and what location in the body does the Paraway affect?

A: Paraway Plus mainly affects the parasites in the intestinal tract. There are some indications that parasites in other sites may be affected. Unicity

has other products that are specifically designed for blood and liver cleansing such as Chlorophyll and Liver Essentials.

Q: Does the Paraway Plus interfere with absorption of other supplements? Can someone who has dangerous levels of Triglycerides / LDL and has been taking Bios Life Complete for about two weeks, also use the Paraway Plus to cleanse?

A: Paraway Plus and Bios Life can be taken at the same time. There is no reason to separate them. Paraway Plus does not reduce absorption of other supplements, just the opposite, it increases the absorption because the intestinal tissues are cleansed and therefore are becoming more active for absorption.

Q: What is the rationale behind the recommended dose of Paraway Plus?

A: Paraway Plus' initial recommendation of 2 capsules a day is to allow the body and intestinal tract in particular time to get used to the effects of the product. Then after the 10 day period of taking 2 capsules, a dosage increase to 5 capsules per day is required for the next 20 days. The recommended dosage is necessary in order to obtain the full cleansing properties of the herbs which expel possible parasites and other impurities from the body and intestinal tract. The total length of supplement usage is 30 days.

Q: If someone is starting the cleansing with LiFiber & Nature's tea, is it beneficial to also take Paraway Plus?

A: Yes. Complete digestive cleansing can't be achieved if unwanted organisms such as intestinal parasites were not removed from the system. Neither LiFiber nor Nature's Tea can address this issue. Paraway Plus is a good add on product for this kind of problem.

ALOE VERA

Q: If Aloe Vera tablets taken one per day as suggested, causes a violent laxative effect, should it be discontinued?

A: Yes, it can be discontinued if you suffer unbearable laxative effects. Or you might want to cut the tablet in half and see if that works better.

NATURES ESSENTIAL TEA

Q: Can pregnant women take the tea?

A: It is not recommended for pregnant or lactating

Frequently Asked Questions

women.

Q: Can I take the tea more than once a day?

A: It is recommended to be taken only once a day.

Q: What is the rationale behind the recommended use of Nature's Essential Tea? It is stated that the use of the tea should be limited only for 15 days.

A: Nature's Essential Tea contains Rhubarb root and althea root that acts on small and large intestines to stimulate bowel motility (peristaltic action), and increase secretion of fluids and electrolytes into the bowel. It causes stool to move more rapidly through the large intestine and allows the body less time to reabsorb fluids and electrolytes. Because of this rapid movement, electrolytes specifically potassium can be lost if stools are too frequent and watery. Prolonged and excessive use may also result to laxative dependency, dehydration, electrolyte imbalance (hypokalemia) and even constipation.

Q: If Nature's Essential tea is a digestive cleansing product, why does its use should be contraindicated for people with digestive disorders like Crohn's Disease and ulcerative colitis?

A: Nature's Essential tea might aggravate the symptoms of these diseases. Prominent symptoms of these Inflammatory Bowel Disorders (IBD) include chronic diarrhea and abdominal pain.

UNICITY CHLOROPHYLL POWDER

Q: I eat lots of green vegetables. Do I gain additional benefits by taking chlorophyll supplements?

A: Certain green vegetables such as spinach are excellent sources of chlorophyll. For individuals that are time constrained, don't eat enough green vegetables, or would like further supplementation, we recommend taking Unicity Chlorophyll Powder™.

Q: Is there any risk associated with taking chlorophyll supplements?

A: Chlorophyll has been used for decades without adverse effects. Pregnant and nursing mothers should ask their doctor to see if this product is right for them.

Q: How much should I take?

A: One serving size (found on the bottle) per day is

the recommended amount.

Q: When should I use Unicity Chlorophyll Powder™?

A: Unicity Chlorophyll Powder™ is best taken before any meal

BIO REISHI COFFEE

Q: How much caffeine consumption is considered safe on a daily basis?

A: Most health professionals and experts consider five to six cups of fairly strong coffee (500-600) mg caffeine / day as quite safe for most people from a general health point of view. Naturally, this will vary depending on the coffee type you drink. 1 sachet of BIO REISHI Coffee contains 11-12 mg caffeine per sachet; thus it is safe to consume several cups a day.

Q: How much Ganoderma extract is present in 1 sachet of BIO REISHI Coffee?

A: BIO REISHI Coffee contains 1 gm of pure Ganoderma extract.

Q: What kind of sugar and creamer are used in BIO REISHI Coffee?

A: BIO REISHI Coffee contains unrefined sugar and non-dairy creamer

NOURISH

DAILY PRODUCE

Q: How are the fruits and vegetables in Daily Produce 24 grown, harvested, and processed? Daily Produce 24 consists of 24 different fruits and vegetables that are grown under strict organic conditions. The products are analyzed for pesticides and herbicides by an external laboratory and the results are that there is absolutely nothing present in the raw materials of this product.

A: The crops are picked at maturity, and gently processed with a technique called flash glancing. This technology concentrates the raw materials by a factor 36 and uses absolutely no heat, which would be detrimental to the potency of the phytonutrients in the product. It is then packed in vegetable capsules.

Q: During chemotherapy can the patient take Daily Produce 24?

A: Daily Produce 24 is not primarily an antioxidant

product, but a phytonutrient product. Fruits and vegetables are very healthy for everyone, also people with health concerns

Q: What are Daily Produce 24™ capsules made of?

A: The capsules do not contain any animal products. The capsules used are Vcaps®, a registered trademark for gelatin-free plant capsules from Capsugel®.

Q: Can children take Daily Produce 24™ products? If they can, what would be the recommended dose?

A: Yes, children can take the recommended amount listed on the label. Dosage is the same regardless of age.

Q: Does Fruit Infusion™ contain carbohydrates or sugar?

A: Fruit Infusion™ does not contain any carbohydrates and contains only a small amount of naturally occurring sugar.

Q: How does one serving (two capsules) of Fruit Infusion™ and Vegetable Infusion™ compare to a serving of fruits or vegetables?

A: The products do not contain the natural fiber found in fruits and vegetables, but they contain the important phytonutrients and antioxidants found in fruits and vegetables. It takes several grams of whole fruits and vegetables to yield two capsules of Fruit Infusion™ or Vegetable Infusion™.

BIO-C

Q: What makes Bio-C different from other vitamin C in the market?

A: Bio C's unique formulation contains three types of highly bioavailable vitamin C. It contains a water soluble vitamin C in the form of ascorbic acid, a fat-soluble vitamin in the form of ascorbyl palmitate which remains active in the body for about 24 hours and is very well absorbed and mineral ascorbates such as calcium ascorbate and magnesium ascorbate that is buffered and less acidic. Bioflavonoids were added to further increase vitamin C absorption.

Q: What is the proper storage condition of Bio C?

A: Vitamin C is highly sensitive to air, water, and temperature. To preserve Bio C's potency, it is important to remember that it should be stored

away from heat, light, and moisture.

Q: If I take Bio-C and a multivitamin, will I be getting too much Vitamin C?

A: Vitamin C is a water-soluble vitamin, so your body can easily eliminate excess amounts of vitamin C. Because it is water-soluble, the body does not store much vitamin C and it must be replenished daily.

Q: How much Bio-C should I take?

A: We recommend taking the suggested serving size of 1 tablet 2x a day.

Q: How can Bio C help the cardiovascular system of the body?

A: Vitamin C (active ingredient of Bio C) supports collagen production providing vascular stability thereby strengthening blood vessel walls. Vitamin C as a powerful antioxidant protects cells against damage by free radicals. Free radicals are thought to contribute to many disorders such as atherosclerosis.

CORE HEALTH BASICS

Q: If a woman in her 30's has a thyroid problem and wants to lose weight, which Unicity product is suitable for her?

A: This depends on the type of thyroid problem she has. With hypothyroidism, the thyroid works too slowly so iodine supplementation would be advised. Core Health Basics contain an adequate amount of iodine. Hyperthyroidism is just the opposite; L-carnitine could significantly improve symptoms such as palpitations, nervousness and asthenia. It also seems to reduce elevated serum levels of alanine aminotransferase (ALT), aspartate aminotransferase (AST), gamma-glutamyl transpeptidase (GGT), and ferritin elicited by thyroid hormone. L-Carnitine can be found in Cardio Basics.

Q: Is there a recommended time of the day to take Core Health Basics?

A: No, but you are encouraged to take this supplement with a meal for better absorption or if gastrointestinal discomfort occurs.

Q: Does this Core Health Basics contain animal products?

A: With vegetable-based capsules and ingredients derived from plant source, Core Health Basics is ideal for those wishing to reduce animal-derived

Frequently Asked Questions

products in their diet.

Q: If I am already taking the recommended dose of Cardio Basics which also contains multivitamin and minerals, can I still take Core Health Basics?

A: Yes, you can still take Core Health Basics but the dose should be reduced. In this situation, just take 1 tablet of Core Health Basics daily with meals.

Q: Is Core Health Basics suitable for all ages?

A: Core Health Basics is designed for aged 18 and older. Children aged 12 & above can take Core Health Basics at 1 tablet daily with meals.

SOY PROTEIN

Q: Why not just take isoflavones in a pill form?

A: Clinical research has shown that bioactive components, such as isoflavones, do not work by themselves to reduce cholesterol. While it may be a lot easier to take a pill, studies have shown that you need the soy protein together with its bioactive components, along with a diet low in saturated fat and cholesterol, to get the cholesterol-lowering effect.

Q: I am primarily concerned about the soy isoflavones and their safety for a breast cancer survivor. Soy protein contains soy isoflavones, these natural estrogenic compounds switch off bone removing cells (osteoclasts) and switch on bone building cells (osteoblasts). Is this safe for a woman who has had breast cancer? I was cautioned about taking soy products because there was not enough evidence at the time about how the compounds could act as both an estrogen as well as an antiestrogen at the same time. I am almost 60 years old and fully postmenopausal now. I take about 1500 mg of calcium (plus vitamin D) including Women's Formula with the Calcium D-Glucarate. I also take Fosamax and so far have very little bone density loss.

A: The research about soy isoflavones can be confusing. Many stories about possible negative influences of pure soy isoflavones come from test tube studies in which the ingredients are tested in absurd high doses. So high that it is completely unrealistic to translate that to human use. What is clear, though, is that soy-eating nations around the world have protective effects of soy ingredients for many health concerns. In fact, the data show that soy isoflavones are protective for

breast cancer. The following excerpt is from the natural products database:

Evidence from population studies suggests that Asian women who eat a diet high in soy have a reduced risk of developing breast cancer. Soy food intake during adolescence seems to correlate with decreased incidence of breast cancer among Chinese women.

"This benefit persists even when Asian women immigrate to the Western cultures where soy is less likely to be a regular component of the diet. This suggests that early exposure to soy might be important for protection against breast cancer later in life."

"The estrogenic effect of soy might also be more pronounced in Asian women, possibly because of an ethnic difference in response. Some epidemiologic research in Japan suggests that miso (fermented soybean paste) soup and dietary isoflavone consumption reduces breast cancer risk, but other soy foods do not. In Western-culture populations, an association between soy and breast cancer risk has not been established. Total dietary intake of phytoestrogens among Western-culture middle-aged women doesn't appear to be related, positively or negatively, to breast cancer risk."

"Some researchers have evaluated the effects of soy in patients with existing breast cancer. In one study, women with breast cancer, who took a soy isoflavone extract 200 mg/day for 2 weeks prior to surgery, did not seem to have any change in breast cancer cell growth. More evidence is needed to determine the effect of soy on patients with existing breast cancer."

Epidemiological studies are much more informative than test tube studies in this regard.

Q: Why can't we recommend Soy Protein for people who have goiter and hyperthyroiditis?

A: Soy has been identified as lightly goitrogenic substance. Goitrogens are substances that suppress the function of the thyroid gland by interfering with iodine uptake, which can, as a result, cause an enlargement of the thyroid (in the case of goiter).

CHLOROSPIRULINA

Q: Is it okay to take ChloroSpirulina if I am already supplementing with a multivitamin?

A: Yes. ChloroSpirulina is a whole-food supplement that is well complemented with additional nutrient intake.

Q: Is this a supplement that would be appropriate for the entire family?

A: Anyone can benefit from the ChloroSpirulina.

Q: Why can't we recommend ChloroSpirulina to people with phenylketonuria (PKU)? What is this disease?

A: ChloroSpirulina is a complete protein, containing all essential amino acids including phenylalanine. This amino acid should be avoided by people with Phenylketonuria (PKU). People with this disease can't metabolize phenylalanine. It is a congenital disease and hereditary. Symptoms result from lack of an enzyme that normally should convert phenylalanine to tyrosine. Phenylalanine thus collects in the blood and there is eventual excretion of phenylpyruvic acid in the urine. If untreated, the condition results in mental retardation, abnormally small head, epilepsy and behavior problems.

Q: What are the benefits of supplementing with a product of this nature?

A: ChloroSpirulina is a good alternative source of protein especially for vegetarians; it enhances natural cleansing and supports circulatory and immune function. In addition, this product can assist you on your weight loss goals.

Q: Is there any precautionary measures on the use ChloroSpirulina?

A: Diabetic patients taking hypoglycemic medications are advised to closely monitor their blood sugar. Dosage adjustment maybe needed.

TARGET

Collagen Plus

Q: What is collagen?

A: Collagen, the most abundant protein in humans and animals, is needed for the structure and density of the skin. The fibroblast cells responsible for producing collagen in the skin slow down and/or their numbers decreases with natural ageing.

Q: What's the difference between collagen and collagen peptides?

A: Collagen is a protein present in animals. Collagen molecules are too large for effective absorption by body, so a technique using hydrolysis is employed to break these molecules into smaller, easier to absorb collagen peptides also called as Hydrolyzed Collagen. High quality fish collagen is used in Collagen Plus

Q: When should I take it?

A: You can take it anytime you wish, however cellular repair and regeneration mechanisms are most active at night, so we strongly suggest that at Collagen be taken before bed.

Q: Can people with allergies take Collagen Plus?

A: It is recommended that anyone concerned about possible allergies consult with a physician before taking Collagen Plus

Q: Doesn't the stomach acid destroy the collagen?

A: No. The collagen peptides are specifically formulated to retain their structural integrity so they cannot be broken down by the stomach acid.

Q: Can Collagen Plus supplements be taken with medication?

A: We would always recommend that you speak to your doctor if you have any concerns or are already taking medication.

Q: At what age can you start using collagen supplement?

A: Collagen decreases through our lives (starting in our 20's). The typical age people start using amino collagen drink is 30+ when the signs of aging skin appear, but many get a head start on the collagen decline by adding dietary collagen in their 20s. The product is safe for use in all adults, so if an individual wants to start earlier they can.

Q: Can pregnant or nursing women take collagen plus?

A: For pregnant or nursing women, consult with your doctor before taking Collagen Plus.

Q: Is Collagen Plus safe for long-term use?

A: Yes. Collagen Plus is a food item, so when taken at recommended amounts, it will be beneficial for your health and beauty. The advantage with this natural powder is that the

Frequently Asked Questions

ingredients work with your body's systems to support it.

Ubiquinol CoQ10

Q: Is it safe to consume while pregnant or nursing?

A: You should consult your physician prior to taking Ubiquinol CoQ10 while pregnant or nursing.

Q: Is it safe for diabetics?

A: There are no known negative side effects for diabetics. However, you should contact your health care provider before taking either of these products.

Q: Are there any medical conditions or medication that should not be used in conjunction with this supplement?

A: There are no known contraindications. However, you should contact your health care provider before taking either of these products if you have any medical conditions or are taking any type of medication/s.

CALCIUM MAGNESIUM COMPLEX

Q: How does this drink powder taste?

A: The Calcium-Magnesium has a slightly salty taste.

Q: With what should I mix this drink powder?

A: The Calcium-Magnesium can be mixed with juice or water.

Q: Is it safe to take this product if I am already taking Core Health which contains calcium?

A: It is perfectly safe to take the two products together.

GLUCOSAMINE

Q: Is Glucosamine AJF derived from plant or animal source?

A: Glucosamine is derived from chitin present in the shells of crabs, oysters, and shrimp. People who have a shellfish allergy should avoid taking glucosamine.

Q: Will the glucosamine build up in my body?

A: Glucosamine is water soluble, so it is eliminated daily.

Q: If someone has gouty arthritis, can Glucosamine AJF address this issue?

A: Gout is a disorder that results from deposits of sodium uric acid crystals, which accumulate in the joints because of high blood levels of uric acid (hyperuricemia), leading to attacks of painful joint inflammation. Glucosamine is not a product designed to lower uric acid in the blood; therefore it would not address the primary causative problem of gout. It can only help in building cartilage in your joints damaged by progressive attacks of gout. It should not be used as a primary treatment for gout.

Always consult your primary healthcare physician with regards to your treatment options.

Q: Are there any contraindications or side effects expected on the use of Glucosamine?

A: Glucosamine is safe and well tolerated. Some gastrointestinal discomfort such as heartburn, diarrhea, vomiting, nausea and itching may be experienced as with any dietary supplement. Glucosamine should not be used in conjunction with anticoagulant drugs such as aspirin and warfarin to prevent risk of bleeding. It should likewise not be used by diabetics since there are reports saying that glucosamine can increase blood sugar.

SALMON OMEGA-3 OIL

Q: Which Unicity product can lower blood pressure?

A: Salmon Omega 3-Oil has been widely studied and has been shown to be very effective in lowering blood pressure.

Q: Are there any Unicity products that have been shown to be effective in treating autistic children? Any research or studies?

A: We do not have specific products to deal with autism. Some studies, however, indicate that autistic children may have a shortage of fatty acids, particularly omega-3 and omega-6 fatty acids. Various preliminary results have indicated some relief of symptoms by supplementing these fatty acids. Unicity has Salmon Omega 3-Oil that contains omega-3 fatty acid.

Q: This past year my husband had a blood clot in his leg that broke off and went to his lungs. His lungs were completely saturated. He was walk-jogging 5 miles a day when this happened. He has had many tests, scans, etc. and his heart is

great, no blockages anywhere and no cancer, they cannot find any reason for the clot. He is now on Coumadin, 5mg a day. What products should he take to help with this problem?

A: Salmon Omega 3-Oil will help to keep the blood thin enough. The fish oil in this product increases blood fluidity. However since he is on Coumadin, he needs to discuss this with his doctor to prevent an overdose of this medicine. Both products together may result in a too thin blood.

Q: I had a friend who was diagnosed with breast cancer and had the lump removed. She is under 4 courses of Cyclophosphamide and Adriamycin. She has undergone radio-therapy and is currently on Tomoxifen until the end of this year. Because of the side effect of the drugs, she went through pre-menopause causing severe depression and chronic insomnia. She was referred to a psychiatrist and eventually diagnosed with Bipolar Disorder. Currently, she is on Escitalopram (for mood control 5mg a night), Epilim (200mg morning and night) and Stilnox (for insomnia 10mg). After taking the antidepressant drugs, she noticed that her memory has deteriorated and she suffers reduced level of concentration to the extent that it affects her competency in job performance and is consistently lethargic. She read that there are certain supplements which can boost the memory strength. Could you kindly recommend something, taking into account any adverse reaction to the drugs she is currently taking?

A: The ingredients that are best researched in relation to cognitive and memory strength are, phosphatidyl serine, choline, fish oil, and gingko biloba. The first nutritionals are part of the nerves in the brain and ensure proper signal transduction between the brain cells. Unicity has Salmon Omega-3 Oil that contains omega-3 fatty acids such as EPA & DHA that helps in the development and maintenance of brain and nervous functions such as preservation of memory and mental clarity.

CARDIO BASICS

Q: I've seen in the label of Cardio Basics that it contains CoQ10? What is this substance? Is it something synthetic or natural?

A: Coenzyme Q10 (ubiquinone) is an enzyme that is naturally produced in the body. It participates in the energy-managing processes of cells and has antioxidant effect. Therefore, those organs with

the highest energy requirements—such as the heart, liver and kidney—have the highest CoQ10 concentrations. The levels of coenzyme Q10 seem to be lower in older people and in people with chronic diseases such as heart problems, cancer, Parkinson's disease, diabetes, HIV & muscular dystrophies. Levels of CoQ10 in the body can be increased by taking CoQ10 supplements.

Q: If I am taking Core Health Basics which is also a multivitamin & mineral formula, can I still take Cardio Basics?

A: Yes. You can even benefit from some of the nutrients in Cardio Basics which are not found in Core Health. These nutrients are the amino acids (L-lysine, L-Arginine, L-Carnitine, L-Cysteine) CoQ10 and antioxidants.

Q: What is the recommended use of Cardio Basics?

A: It is recommended to take 2 tablets of Cardio Basics with food.

Q: Do we have clinical study done on this product?

A: Yes. Cardio Basics in combination with Bio C was studied in two clinical trials in 1996 & 2005. In these trials, participants saw a significant reduction in arterial wall thickness, removal of calcification deposits and a reduced risk for cardiovascular disease compared to the placebo group.

Q: Can children take Cardio Basics?

A: No. It is recommended for adult use only.

LIVER ESSENTIALS

Q: A friend recommended me to use Liver Essentials. She told me that it's a Silymarin capsule that is perfect for my need but it seems that it's more expensive than the one that I am taking? What makes Liver Essentials different from other Silymarin capsules in the market?

A: Liver Essentials is not just merely a Silymarin capsule. It contains the main potent ingredient of Silymarin known as Silybin bound to phosphatidylcholine (Silybin Phytosome). In comparison with other Silymarin capsule (containing merely Silymarin whole extract), Silybin Phytosome of Liver Essentials demonstrated a superior bioavailability and represents the most absorbable form known until now. This means that the natural liver protection

Frequently Asked Questions

of this product can reach its target organs in concentrations which are reported to be effective.

Q: When is the best time to take Liver Essentials?

A: Liver Essentials should be taken after meals, one capsule three times daily.

Q: How does one improve the metabolic rate of liver? What products can they take?

A: The best thing for the liver is to ensure proper nourishment. Since the liver detoxifies many toxins in our body, it needs strong antioxidant protection to function properly. Liver Essentials is our premium liver nourishment product.

Q: Can I take Liver Essentials along with my other Unicity products or should I discontinue my other products for a month while I take the Liver Essentials only?

A: Yes you can. There is no reason to discontinue the other products. Liver Essentials provides nutrients to strengthen your liver. Our liver needs strong antioxidants to counter damage incurring to our liver when it detoxifies substances, such as alcohol, medication, and many others.

Q: I have a friend who has fatty liver. What Unicity supplement should I recommend to help her with this condition?

A: Fatty liver is an abnormal accumulation of certain fats (triglycerides) inside liver cells. Most common causes are alcoholism, toxins from certain drugs, hereditary metabolic disorder, excess body weight, insulin resistance and high triglyceride levels in the blood. Treatment focuses on minimizing or eliminating the cause of fatty liver. People with this disease should lose weight, or take measures to control diabetes, lower triglyceride levels or stop drinking. Unicity offers products to address her concern. Liver Essentials is a good hepatoprotective agent. This product will provide her liver with a better strength to fight off any damage. She can also use Bios Life S or Bios Life Complete to help her on her problems with weight and triglycerides levels.

PHYTOPATH

Q: Is there any condition whereby a person should not take PhytoPath?

A: Yes, one should not take PhytoPath during chemotherapy to treat cancer. This chemotherapy is a form of free radical that in this case is necessary to kill cancer cells. Taking strong

antioxidants like PhytoPath at the same time would counteract the effect of the chemotherapy.

Q: Can we take PhytoPath on a daily basis?

A: Yes. PhytoPath can be taken for the rest of your life. The ingredients are common food ingredients and will just promote your health during normal consumption.

Q: I was wondering what would be considered a therapeutic amount for the PhytoPath? Also, do we have a product with selenium in it that would be used in conjunction with Vitamin E. I have been diagnosed with breast cancer. I have had the surgery, lumpectomy and now wish to use natural methods for healing and prevention in the future.

A: Your selection of products is perfect. PhytoPath has vitamin E and can be perfectly combined with Core Health Basics to get adequate selenium. I suggest you double up on the PhytoPath dose.

Q: Why is PhytoPath a better product than any other antioxidant product?

A: PhytoPath contains not only grape seed extract but it also contains maritime bark extract along with vitamin A, vitamin C, green tea extract, polyphenols, and other specialty nutrients with antioxidant effects.

Q: The PhytoPath contains green tea extract. Does caffeine occur naturally in the green tea?

A: Yes, the Green tea contains a small amount of naturally occurring caffeine. Each capsule of PhytoPath can contain approximately 6 mg of caffeine.

VISION ESSENTIALS

Q: I've heard a lot about lutein in eye health. What is it and why is it good for your eyes?

A: Lutein is a fat-soluble carotenoid found in the lens and macula lutea of the eye. Lutein is able to filter blue light and act as an antioxidant. Blue light and reactive oxygen species are believed to contribute to the loss of vision.

Lutein supplementation has also been found to improve visual functions: better photo stress glare recovery, contrast sensitivity and visual acuity.

Bios Life Vision Essentials uses FloraGlo Lutein, the most clinically studied source of lutein and the number one doctor recommended source of lutein for eye health products.

Q: What can I do to protect my vision?

A: Along with consulting with a physician, we recommend the following:

1. Take a supplement, like Bios Life Vision Essentials based on the AREDS I and II studies.
2. Take an omega-3 fatty acid supplement.
3. Avoid lots of direct sunlight.
4. Rest your eyes.

BIOS LIFE MANNOS

Q: What is the source of Bio Life Mannos?

A: Bios Life Mannos is derived from aloe vera.

Q: How does Bios Life Mannos boost my immune system?

A: Bios Life Mannos contains ultra-refined blend of long chain aloe polysaccharide which was found in invitro studies to boost immune cell's activity by stimulating the production of cytokines (messenger molecules like IL-13 and TNF-a). This activity of Bios Life Mannos helps to bolster the innate and adaptive immune system of the body.

Q: What are cytokines?

A: Cytokines are molecules (proteins, peptides, or glycoproteins) that are secreted by certain cells of the immune system that are able to carry signals locally between cells. Bios Life Mannos helps to increase the number of cytokines and thus the immune signal.

Q: Are there any risk associated with taking Bios Life Mannos?

A: Aloe vera has been taken safely for hundreds of years. The only side effects known are mild bowel discomfort and loosening of stools. Bios Life Mannos should be avoided by people who have known allergies to garlic, onions, tulips, or other plants of the Liliaceae family. Aloe Vera belongs to this family and cross-sensitivity can possibly happen.

Q: Who can safely take Bios Life Mannos?

A: Bios Life Mannos is recommended for people 12 years and above. Pregnant or nursing mothers should consult with their physician before trying Bios Life Mannos.

Q: How much Bios Life Mannos can I take in a day?

A: We recommend that one to two capsule be taken daily; however, more can be taken if needed as no adverse effects at higher levels have been

found other than loose stools and some bowel discomfort.

Q: I heard Bios Life Mannos is an antioxidant. What exactly does that mean?

A: Antioxidants are molecules that are able to protect our body's cells by "deactivating" free radicals.

Q: What are free radicals?

A: Free radicals are molecules like reactive oxygen species (ROS), hydroxyls, etc. that have an unpaired electron in its outer shell. These highly reactive molecules are able to react with other molecules in the cell and damage DNA, cell membranes, and more.

NATURE FORCE

Q: What role does green tea play in the Nature Force formulation?

A: Green tea is rich in plant chemicals called polyphenols of which EGCG, epigallocatechin gallate, is the most powerful.

Q: What are cruciferous vegetables?

A: These vegetables are members of the cabbage family including: broccoli, Brussels sprouts, cabbage, kale, and mustard greens. The chemical sulforaphane in these vegetables has been known to have potential disease-fighting properties.

Q: Are there any calories in Nature Force?

A: Due to the unique distillation process, the fibers and carbohydrates that normally contain calories are removed, therefore rendering the vitamins, minerals, and nutrients calorie free.

Q: Why does the color of the Nature Force tablets differ sometimes?

A: Nature Force tablets may vary from batch to batch due to the mixed berry anthocyanosides and European wine grape concentrate, which range in color from light red to dark purple, thus influencing the gray shade of the tablet when mixed with the other ingredients. This does not affect potency in any way.

Q: How much of each antioxidant vitamin is in the fortification of a two-tablet serving of Nature Force?

A: Beta-Carotene 10,000 IU (vitamin A activity)
Vitamin C 300 mg (with natural rose hips)
Vitamin E 90 IU (as dl-alpha-tocopheryl acetate and

Frequently Asked Questions

d-alpha- tocopheryl acid succinate) Selenium 50 mcg (from L-selenomethionine)

IMMUNIZEN

Q: What is Intact Colostrum?

A: Intact Colostrum is derived from the pre-milk liquid of the bovine mammary gland during the first 24 to 48 hours after giving birth. This substance with immune boosting properties contains key immuno-globulins, antibodies, inhibitors, protein compounds, growth factors, and enzymes.

Q: Does the processing that colostrum undergoes affect this important ingredient's nutritional efficacy?

A: No, the colostrum contained in Immunizen undergoes a patent-pending, low-heat process that preserves nutrients and active ingredients.

Q: Can you take this product daily?

A: It is recommended to take this product only as needed.

Q: How much lactose is in Immunizen?

A: The Immunizen formula contains five-percent lactose, which is a very small amount. However, if you are overly sensitive to lactose, you may not be able to consume this product.

Q: Immunizen contains beta glucan, which is derived from baker's yeast. Can a person who is sensitive to yeast consume this product?

A: The beta glucan contained in Immunizen is isolated from the cell walls of yeast. The finished product does not contain any other components or by-products of yeast, so it should not present any problem for those who are sensitive to yeast.

2 0 1 6
UNICITY
GLOBAL CONVENTION
SINGAPORE

10,000 DIAMONDS

I AM
ONE


UNICITY
Make Life Better





UNICITY™

Make Life Better

UNICITY NETWORK PHILIPPINES, INC.

Unit G02 Antel Global Corporate Center, #3 Julia Vargas Avenue,
Ortigas Center, Pasig City, Philippines 1605
Tel No: 6329989; Fax No: 6329134; www.unity.com

