



UNICITY Bios Life S



Most people know that fiber supports digestive health. But in addition to aiding digestion, fiber can also help lessen the impact that excess carbohydrates and cholesterol can have on the body. Soluble fibers, in particular, help support important bodily functions—soluble fibers help maintain healthy cholesterol and blood sugar levels. However, the prevalence of processed foods and modern farming techniques has led to higher levels of sugar and lower levels of fiber in the foods we eat.

Unicity Bios Life S is a pre-meal drink with a patented fiber matrix that includes bioactive plant compounds, polysaccharides, and micronutrients. The fiber matrix is designed to help ease some of the impact that excess carbohydrates and cholesterol can have on the body. Bios Life S is formulated to provide critical vitamins, minerals, and soluble fibers to help curb your appetite.

Bios Life S: the smart solution to balanced nutrition

FEATURES

- Biosphere Fiber: A proprietary blend of five soluble fibers
- Unicity 7x: A specialized blend of plant-derived polysaccharides
- Bios Cardio Matrix: A blend of plant extracts and phytosterols
- Bios Vitamin Complex: A unique blend of vitamins and minerals
- Convenient, on-the-go single-serving sachets
- Subtle citrus flavor

BENEFITS



Helps curb appetite between meals



Aids in reducing the amount of cholesterol that's absorbed into the bloodstream



Helps reduce carbohydrate absorption in the body



Supports normal, healthy blood glucose levels



Supports healthy weight management



Supports the 4-4-12 eating pattern and other intermittent fasting methods

IDEAL FOR

- Adults looking to increase their fiber intake
- Adults interested in maintaining healthy blood sugar and cholesterol levels
- Those looking to support their weight-management efforts

USAGE

For best results, take twice daily, 10–15 minutes before your largest meals. Mix each packet with 8–10 oz. (240–300 mL) of water. Mix vigorously in a shaker cup. Drink immediately.

For added benefits, combine Bios Life S with a form of intermittent fasting we refer to as 4-4-12: Do not eat anything for 4 hours between breakfast and lunch, wait 4 hours between lunch and dinner, and wait at least 12 hours between dinner and breakfast.

TRY THIS!



Mix Bios Life S with your favorite Complete flavor to get both high-quality protein and fiber.



Mix Bios Life S with Unimate for the ultimate energy and mood boost.

INGREDIENTS

BIOSPHERE FIBER PROPRIETARY FORMULA

Biosphere is a unique blend that includes five different sources of fiber. The fibers help support cholesterol levels and slow the conversion of high-glycemic carbohydrates into blood glucose.

Ingredients: Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta-Glucans

UNICITY 7X

Unicity 7x is a specialized blend of plant-derived polysaccharides—also known as viscous fibers. Viscous, soluble fibers form a thick gel when mixed with water and as they move through the digestive tract. The gel-like substance helps slow the emptying of your stomach, which results in prolonged satiety.

Ingredients: Proprietary Blend of Plant-Derived Polysaccharides, Gum Arabic

BIOS CARDIO MATRIX

Bios Cardio Matrix is a blend of plant extracts and phytosterols that supports the body's cholesterol absorption process. The blend can help limit the absorption of cholesterol from the digestive process.

Ingredients: Phytosterols, Chrysanthemum (Flower) Extract, Policosanol (Sugar Cane Extract)

BIOS VITAMIN COMPLEX™

The Bios Vitamin Complex is a unique blend that supports healthy metabolism. The blend is designed to aid in proper digestion and optimize the conversion of food to fuel.

Ingredients: Calcium Carbonate, Vitamin C (Ascorbic Acid), Chromium, Vitamin A (Beta-Carotene), Vitamin E (D-alpha

Tocopheryl Acetate), Niacin (Niacinamide), Zinc (Zinc Gluconate), Vitamin B6 (Pyridoxine HCL), Vitamin B12 (Cyanocobalamin), Folic Acid, Vitamin B1 (Thiamin HCL), Biotin, Vitamin B2 (Riboflavin)

ORANGE JUICE POWDER

Orange juice powder provides the distinct flavor for Unicity Bios Life S.

STEVIA

Stevia is a naturally derived plant sweetener that helps improve the product's taste.

Supplement Facts

60 Servings Per Container

Serving Size 1 packet (7.25 g)

	Per 100 g	Per Serving
Energy	331 kcal	24 kcal
Carbohydrate	69.0 g	5.0 g
Total Sugars	5.5 g	0.4 g
Dietary Fibers	55.2 g	4.0 g
Protein	4.1 g	0.3 g
Fat	4.1 g	0.3 g
Cholesterol	1.4 mg	0.1 mg
Vitamin A	3103 mcg RAE	225 mcg RAE
Vitamin E	93.8 mg	6.8 mg
Vitamin C	552 mg	40 mg
Thiamin	13.8 mg	1.0 mg
Riboflavin	13.8 mg	1.0 mg
Biotin	414 mcg	30 mcg
Vitamin B6	13.8 mg	1.0 mg
Folic Acid	2069 mcg DFE	150 mcg DFE
Vitamin B12	27.6 mcg	2.0 mcg
Calcium	1655 mg	120 mg
Sodium	138 mg	10 mg
Zinc	31.7 mg	2.3 mg
Chromium	1379 mcg	100 mcg
Phytosterols	9.7 g	0.7 g
Beta Glucan	82.8 mg	6.0 mg
Biosphere Fiber® Guar Gum, Locust Bean Gum, Citrus Pectin, Oat Fiber, Beta Glucan		2668 mg
Unicity 7x™ Proprietary Blend of Plant-Derived Polysaccharides (Hydroxypropyl Methylcellulose), Gum Arabic		1404 mg
Bios Cardio Matrix™ Phytosterols, Policosanol (Sugar Cane Extract)		1006 mg

INGREDIENTS: Guar Gum, Phytosterols (Soy), Hydroxypropyl, Methylcellulose, Orange Juice Flavor, Gum Arabic, Locust Bean Gum, Citrus Pectin, Maltodextrin, Calcium Carbonate, Oat Fiber, Orange Juice Powder, Citric Acid, Ascorbic Acid, Beta Carotene, Sucralose, Beta Glucan (Oat), Zinc Gluconate, Niacinamide, D-alpha Tocopheryl Acetate, Policosanol, Biotin, Folic Acid, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Chromium Picolinate, Cyanocobalamin.

CONTAINS: Milk, Soy, Wheat.

Bios Life S

FAQs



How does Bios Life S work?

Bios Life S includes viscous soluble fiber. Viscous soluble fiber forms a thick gel when combined with water and as it moves through the digestive tract. The gel-like substance helps slow the emptying of your stomach, which results in prolonged satiety.

Why are there vitamins and minerals in Bios Life S?

The vitamins and minerals in Bios Life S help support proper digestion and help the body's enzymes work efficiently.

Can I take Bios Life S at other times of the day or before having a snack?

Yes. Many people who use Bios Life S find that they consume fewer snacks between meals, and if they indulge, they feel better afterward.

Who can take Bios Life S?

We recommend Bios Life S for adults who want to maintain good health. Pregnant and nursing women should consult their physician before taking Bios Life S.

As with any nutritional supplement, if you have any questions, consult your healthcare provider prior to use.

Can I drink Bios Life S with other Unicity fiber products?

Each person's dietary fiber tolerance is different. When adding new sources of fiber to your diet, take it slow to avoid gastrointestinal discomfort.

Can I still take Bios Life S if I forgot to take it before a meal? Should I skip it if I already ate?

It is always best to have Bios Life S before a meal, but it would be better to take it late rather than not at all. It will still have some effect on the food that was eaten.

Can I take this product with less than the recommended amount of water?

Taking this product without the recommended amount of liquid may cause choking. Do not use this product if you have difficulty swallowing.

NOTE: This product contains natural ingredients; therefore, color may vary, and some ingredients may not dissolve as rapidly as others. This product may be taken with medications that are compatible with food. This product contains chromium, which may help maintain healthy blood sugar levels.*