

# UNICITY VEGAN COMPLETE



You know you want to eat healthier and feel better, but you also know that it's sometimes easier said than done. You need to make sure you're controlling your caloric intake, getting enough protein, and eating foods that won't make your blood glucose spike, all while getting the right nutrients. You'll be lucky if you find something that meets all of those requirements and is palatable enough to make it all worth it.

Unicity Complete is a convenient way to meet all these needs. It's a delicious meal replacement, developed to provide you with the nutrition you need to be healthy. Complete is high-protein and low-carb, and it contains fiber to increase satiety. Drinking Complete for breakfast is a great way to start your day and set yourself up for success.

Complete Vanilla Vegan does not contain artificial, dairy, gluten, or soy ingredients.

## BENEFITS

Serves as an easy and convenient meal replacement shake.

Provides 12 grams of protein to burn more fat, increase muscle mass, and feel fuller.

Contains 100% of recommended daily intake for many essential vitamins and minerals.

Contains 3 grams of fiber for increased satiety.

## SUGGESTED USE

Mix two scoops of Complete with water or milk and drink as a meal-replacement shake.

For even better results, stick to the 4-4-12 rule. The 4-4-12 rule spaces your meals and allows for fat-burning intervals in between.

Pair with Unicity Balance for even more help resisting cravings and burning fat.

## AUDIENCE

Primary Target: Individuals looking for a healthy hypoallergenic protein meal replacement.

Secondary Target: People wanting a convenient way to get many essential vitamins and minerals.

## Nutrition Facts

Servings Per Container About 30  
Serving Size **2 Scoops (23 g)**

Amount Per Serving

**Calories 90**

	% Daily Value*				
<b>Total Fat</b> 3 g				<b>4%</b>	
Saturated fat 0.5 g				<b>3%</b>	
Trans fat 0 g					
<b>Cholesterol</b> 0 mg				<b>0%</b>	
<b>Sodium</b> 320 mg				<b>14%</b>	
<b>Total Carbohydrate</b> 5 g				<b>2%</b>	
Dietary Fiber 3 g				<b>11%</b>	
Soluble Fiber 3 g					
Total Sugars 0 g					
Includes 0 g of Added Sugars				<b>0%</b>	
<b>Protein</b> 12 g				<b>24%</b>	
Vitamin D 15 mcg	80%	Calcium 0 mg	0%	Iron 9 mg	50%
Potassium 95 mg	2%	Vitamin A 750 mcg RAE	80%	Vitamin C 30 mg	35%
Vitamin E 10 mg	70%	Thiamin 0.75 mg	60%	Riboflavin 0.85 mg	70%
Niacin 10 mg	60%	Vitamin B6 1 mg	60%	Folate 330 mcg DFE	80%
Vitamin B12 9 mcg	380%	Biotin 150 mcg	500%	Pantothenic Acid 5 mg	100%
Iodine 75 mcg	50%	Zinc 7.5 mg	70%	Selenium 35 mcg	60%
Copper 1 mg	110%	Manganese 1 mg	45%	Chromium 60 mcg	170%
Molybdenum 37.5 mcg	80%				

Not a significant source of added sugars. \* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## OTHER INGREDIENTS

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

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