

ITEM NO: 27587

CONTENT: 690G



PRODUCT INFORMATION

Everyone knows it's important to kick start your day with a healthy breakfast! Not only will you have more energy, but studies show that those who eat breakfast lose more weight than those who skip their first meal.^{1,2}

However, with today's busy lifestyle, many of us feel too rushed to eat breakfast. Then, we will often eat a large lunch and an even larger dinner to compensate, with many of these calories coming from carbohydrates, sugar, and unhealthy fats. This leads to large blood glucose spikes during mealtime and causes our body to store those empty calories as body fat.

Stop the vicious cycle of adding fat by starting your day off right with Unicity Complete; a high-protein, low-carb breakfast that provides needed nutrients to keep you full until your next meal.

Many convenient breakfast choices today are loaded with fat, salt, and sugar, and are generally devoid of necessary vitamins and minerals. Followers of the 4-4-12™ system who are looking to burn fat should substitute a healthy, convenient alternative to these diet-destroying meals. Unicity Complete is an excellent alternative and is packed with vitamins, minerals, fiber, and protein.

FEATURES AND BENEFITS

- Contains a 100% of your recommended daily intake for many essential vitamins and minerals.
- A balanced meal-replacement shake that helps you adhere to 4-4-12™ and burn fat.
- Provides 12 grams of high-quality protein to help keep you feeling full, build lean muscle mass, and provide energy without causing large spikes in insulin.
- Contains 3 grams of fiber to help increase satiety.
- Does not include any dairy, gluten, or soy products, making it a safe option for people with various allergies.

VEGAN COMPLETE

AMOUNTS PER SERVING

CALORIES 90

CALORIES FROM FAT 20

NUTRITION VALUES	% DAILY VALUE*	
TOTAL FAT	2G	3%
SATURATED FAT	0.5G	3%
TRANS FAT	0G	
CHOLESTEROL	0MG	0%
SODIUM	280MG	12%
POTASSIUM	80MG	2%
TOTAL CARBOHYDRATE	5G	2%
DIETARY FIBER	3G	12%
SOLUBLE FIBER	3G	
SUGARS	1G	
PROTEIN	12G	

*PERCENT DAILY VALUES ARE BASED ON A 2000 CALORIE DIET. YOUR DAILY VALUES MAY BE HIGHER OR LOWER DEPENDING ON YOUR CALORIE NEEDS

ITEM NO: 27587

CONTENT: 690G

SCIENCE

Carbohydrates – Carbohydrates serve many important roles in the body, including enzymatic reactions, as the backbone of RNA and DNA, and as the body's primary energy source. However, carbohydrates can have negative effects when consumed in large amounts.

When we eat a meal high in carbohydrates, our insulin levels spike, triggering our body to store any excess calories as body fat. Foods and drinks touted as "fat free" are somewhat misleading, because when you eat lots of sugar and carbohydrates, your body converts any excess sugar to fat.

However, when we avoid carbohydrates for a period of time, our body senses the drop in glucose and triggers the pancreas to release glucagon. This hormone causes adipose tissue to release current fat stores into the blood stream, which the body will then use for energy—thus putting your body in a fat-burning state!

Protein

A diet high in protein is important for weight loss, as these calories are consumed at a slower rate than carbohydrates. This prevents high spikes in blood glucose levels that are so detrimental to weight loss goals.

Studies show that individuals on a high-protein, low-carbohydrate diet are able to burn more fat, increase lean muscle mass, and feel fuller between meals.^{2,3}

Vitamins and Minerals

It can be difficult to get all the vitamins, minerals, and other nutrients our bodies need from our daily diet. Unicity Complete provides a full profile of essential vitamins and minerals with each serving, ensuring you're always getting the nutrients you need to work at peak performance.

RECOMMENDED USE

Combine two level scoops (23g) with 8 ounces of water or milk.

INGREDIENTS

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

REFERENCES

- 1.Sierra-Johnson J, et al. Eating meals irregularly: a novel environmental risk factor for the metabolic syndrome. *Obesity*. 2008;16(6):1302-1307.
- 2.Rigamonti A, et al. Changes in plasma levels of ghrelin, leptin, and other hormonal. .. *J Endocrinol Invest*. 2010 Mar 25.
- 3.Layman DK, et al. A reduced ratio of dietary carbohydrates to protein improves body composition and blood lipid profiles during weight loss in adult women. *J Nutr*, 2003;133(2):411-7.
- 4.PalS, et al. The acute effects of four protein meals on insulin, glucose, appetite, and energy intake in lean men. *Br J Nutr*, 2010;11 :1-8.
- 5.Farshchi H, et al. Decreased thermic effect of food after an irregular compared with a regular meal pattern in healthy lean women. *Int J Obs*. 2004;28:653-660.
- 6.Food and Nutrition Board, Institute of Medicine. Magnesium. *Dietary Reference Intakes: Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington D.C.: National Academy Press; 1997:190-249.
- 7.Institute of Medicine. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride and Sulfate*. National Academy of Sciences. 2004; 5: 186-254.
- 8.Food and Nutrition Board (2002/2005). *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, D.C.: The National Academies Press. Page 769.