

# UNICITY COMPLETE

Low Glycemic Meal Replacement to Support  
your Health and Weight Loss Goals

## Why would I want to use it?

- It is delicious!
- Helps jump start metabolism\*
- Protein helps build and maintain lean muscle mass
- Provides fuel for prolonged energy without a blood sugar spike\*
- Helps you feel full longer and reduces cravings\*
- One serving contains 20 grams of high quality proteins
- Packed with 4 grams of fiber and 19 essential vitamins and minerals
- Low calorie, convenient meal to balance the metabolism\*
- Available in chocolate, vanilla and vanilla vegan

*\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.*



## How do I use it?



Combine two level scoops  
with 8 ounces of water or milk



Shake or mix well



Drink and enjoy

To achieve your weight loss goals more quickly, wait a minimum of **4 hours between meals** and **12 hours between dinner and breakfast**.

## How does it work?

### To Achieve your Weight Loss Goals

A diet high in protein is important for weight loss, as these calories are consumed at a slower rate than carbohydrates. Carbohydrates can spike blood glucose levels, causing our body to store fat.\*

Studies show that individuals on a high-protein, low carbohydrate diet are able to burn fat, increase muscle mass and feel fuller between meals. Consuming a balanced breakfast jump starts your body's metabolism first thing in the morning. Studies show people who eat breakfast lose more weight than those who skip their first meal.

### To Support a Healthy Body Composition

As a post workout replenishment drink, Complete contains Leucine, an essential amino acid which studies have shown is necessary for muscle repair and growth after exercise.\*

As we add more muscle to our body, our metabolism increases and we will find it easier to maintain a healthy weight.

## NUTRITION FACTS

### Complete Vanilla

Nutrition Facts																																																										
Serving Size 2 Scoops (36.8 g)																																																										
Servings Per Container About 30																																																										
Amount Per Serving																																																										
<b>Calories</b> 140	Calories from Fat 35																																																									
			% Daily Value*																																																							
<b>Total Fat</b>	4 g		6%																																																							
Saturated fat	1 g		4%																																																							
Trans fat	0 g																																																									
<b>Cholesterol</b>	45 mg		15%																																																							
<b>Sodium</b>	180 mg		8%																																																							
<b>Potassium</b>	320 mg		9%																																																							
<b>Total Carbohydrate</b>	8 g		3%																																																							
Dietary Fiber	4 g		16%																																																							
Soluble Fiber	4 g																																																									
Sugars	3 g																																																									
<b>Protein</b>	20 g																																																									
<table border="0"> <tr> <td>Vitamin A</td> <td>100%</td> <td>•</td> <td>Vitamin C</td> <td>100%</td> </tr> <tr> <td>Calcium</td> <td>35%</td> <td>•</td> <td>Iron</td> <td>100%</td> </tr> <tr> <td>Vitamin D</td> <td>100%</td> <td>•</td> <td>Vitamin E</td> <td>100%</td> </tr> <tr> <td>Thiamin</td> <td>100%</td> <td>•</td> <td>Riboflavin</td> <td>100%</td> </tr> <tr> <td>Niacin</td> <td>100%</td> <td>•</td> <td>Vitamin B-6</td> <td>100%</td> </tr> <tr> <td>Folic Acid</td> <td>100%</td> <td>•</td> <td>Vitamin B-12</td> <td>100%</td> </tr> <tr> <td>Biotin</td> <td>100%</td> <td>•</td> <td>Pantothenic Acid</td> <td>100%</td> </tr> <tr> <td>Phosphorus</td> <td>10%</td> <td>•</td> <td>Iodine</td> <td>100%</td> </tr> <tr> <td>Magnesium</td> <td>35%</td> <td>•</td> <td>Zinc</td> <td>100%</td> </tr> <tr> <td>Copper</td> <td>100%</td> <td>•</td> <td>Manganese</td> <td>100%</td> </tr> <tr> <td>Chromium</td> <td>100%</td> <td>•</td> <td></td> <td></td> </tr> </table>				Vitamin A	100%	•	Vitamin C	100%	Calcium	35%	•	Iron	100%	Vitamin D	100%	•	Vitamin E	100%	Thiamin	100%	•	Riboflavin	100%	Niacin	100%	•	Vitamin B-6	100%	Folic Acid	100%	•	Vitamin B-12	100%	Biotin	100%	•	Pantothenic Acid	100%	Phosphorus	10%	•	Iodine	100%	Magnesium	35%	•	Zinc	100%	Copper	100%	•	Manganese	100%	Chromium	100%	•		
Vitamin A	100%	•	Vitamin C	100%																																																						
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Vitamin D	100%	•	Vitamin E	100%																																																						
Thiamin	100%	•	Riboflavin	100%																																																						
Niacin	100%	•	Vitamin B-6	100%																																																						
Folic Acid	100%	•	Vitamin B-12	100%																																																						
Biotin	100%	•	Pantothenic Acid	100%																																																						
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Chromium	100%	•																																																								

**INGREDIENTS:** Protein Matrix (Whey Protein Concentrate, Non-GMO Soy Protein Isolate, Whey Protein Isolate, Milk Protein Isolate, Sodium Caseinate, Whey Powder), Inulin, Sunflower Oil, Vitamin Mineral Blend (Magnesium Oxide, Potassium Phosphate, Dicalcium Phosphate, Ascorbic Acid (Vitamin C), Vitamin E Acetate, Ferrous Fumarate, Biotin, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Potassium Iodide, Copper Gluconate, d-Calcium Pantothenate, Manganese Sulfate, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium, Cyanocobalamin (Vitamin B12)), Natural & Artificial Flavors, Fructose, Canola Oil, Calcium Carbonate, Maltodextrin, Potassium Citrate, Xanthan Gum, Mono & Di Glycerides, Sodium Chloride, Cellulose Gum, Carrageenan, Lecithin, Sucralose, Aloe Vera Gel Concentrate.

**Contains:** Milk and Soy

### Complete Chocolate

Nutrition Facts																																																										
Serving Size 2 level scoops (37 g)																																																										
Servings Per Container about 30																																																										
Amount Per Serving																																																										
<b>Calories</b> 130	Calories from Fat 30																																																									
			% Daily Value*																																																							
<b>Total Fat</b>	3.5 g		5%																																																							
Saturated fat	1 g		5%																																																							
Trans fat	0 g																																																									
<b>Cholesterol</b>	45 mg		15%																																																							
<b>Sodium</b>	280 mg		12%																																																							
<b>Potassium</b>	450 mg		13%																																																							
<b>Total Carbohydrate</b>	9 g		3%																																																							
Dietary Fiber	4 g		16%																																																							
Soluble Fiber	3 g																																																									
Sugars	2 g																																																									
<b>Protein</b>	18 g																																																									
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### SOY FREE | GLUTEN FREE

**INGREDIENTS:** Protein Matrix (Whey Protein Concentrate, Milk Protein Isolate), Cocoa, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Di-glycerides, Natural Tocopherols, Tricalcium Phosphate), Inulin Fiber, Vitamin & Mineral Blend (Calcium Carbonate, Potassium Citrate, Sodium Citrate, Magnesium Oxide, Potassium Phosphate, Dicalcium Phosphate, Ascorbic Acid (Vitamin C), Vitamin E Acetate, Ferrous Fumarate, Biotin, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Potassium Iodide, Copper Gluconate, d-Calcium Pantothenate, Manganese Sulfate, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Picolinate, Cyanocobalamin), Natural & Artificial Flavors, Salt, Stevia Extract, Canola Oil, Xanthan Gum, Silicon Dioxide, Cellulose Gum, Carrageenan, Aloe Vera Gel Extract.

**Contains:** Milk

### Complete Vegan

Nutrition Facts																																																																			
Servings Per Container About 30																																																																			
<b>Serving Size</b>		<b>2 Scoops (23 g)</b>																																																																	
Amount Per Serving																																																																			
<b>Calories</b>			<b>90</b>																																																																
			% Daily Value*																																																																
<b>Total Fat</b> 3 g			4%																																																																
Saturated fat 0.5 g			3%																																																																
Trans fat 0 g																																																																			
<b>Cholesterol</b> 0 mg			0%																																																																
<b>Sodium</b> 320 mg			14%																																																																
<b>Total Carbohydrate</b> 5 g			2%																																																																
Dietary Fiber 3 g			11%																																																																
Soluble Fiber 3 g																																																																			
Total Sugars 0 g																																																																			
Includes 0 g of Added Sugars			0%																																																																
<b>Protein</b> 12 g			24%																																																																
<table border="0"> <tr> <td>Vitamin D 15 mcg</td> <td>80%</td> <td>•</td> <td>Calcium 0 mg</td> <td>0%</td> <td>•</td> <td>Iron 9 mg</td> <td>50%</td> </tr> <tr> <td>Potassium 95 mg</td> <td>2%</td> <td>•</td> <td>Vitamin A 750 mcg RAE</td> <td>80%</td> <td>•</td> <td>Vitamin C 30 mg</td> <td>35%</td> </tr> <tr> <td>Vitamin E 10 mg</td> <td>70%</td> <td>•</td> <td>Thiamin 0.75 mg</td> <td>60%</td> <td>•</td> <td>Riboflavin 0.85 mg</td> <td>70%</td> </tr> <tr> <td>Niacin 10 mg</td> <td>60%</td> <td>•</td> <td>Vitamin B6 1mg</td> <td>60%</td> <td>•</td> <td>Folate 330 mcg DFE</td> <td>80%</td> </tr> <tr> <td>Vitamin B12 9 mcg</td> <td>380%</td> <td>•</td> <td>Biotin 150 mcg</td> <td>500%</td> <td>•</td> <td>Pantothenic Acid 5 mg</td> <td>100%</td> </tr> <tr> <td>Iodine 75 mcg</td> <td>50%</td> <td>•</td> <td>Zinc 7.5 mg</td> <td>70%</td> <td>•</td> <td>Selenium 35 mcg</td> <td>60%</td> </tr> <tr> <td>Copper 1mg</td> <td>110%</td> <td>•</td> <td>Manganese 1mg</td> <td>45%</td> <td>•</td> <td>Chromium 60 mcg</td> <td>170%</td> </tr> <tr> <td>Molybdenum 37.5 mcg</td> <td>80%</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>				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 1mg	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 1mg	110%	•	Manganese 1mg	45%	•	Chromium 60 mcg	170%	Molybdenum 37.5 mcg	80%						
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<small>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.</small>																																																																			

### SOY FREE | GLUTEN FREE | DAIRY FREE

**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.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	60 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g