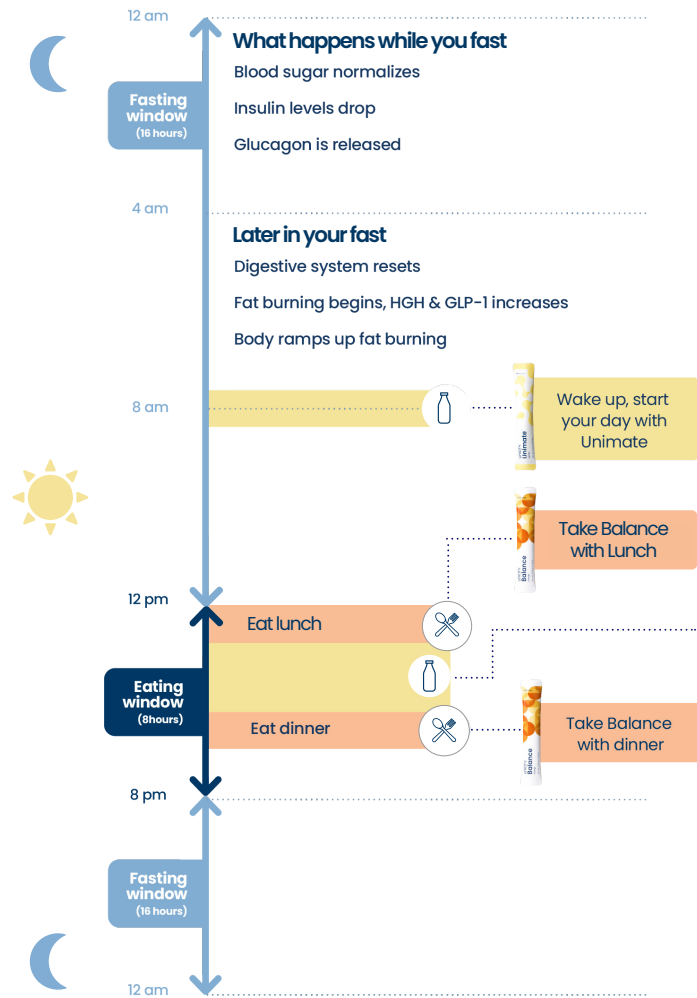


# FEEL GREAT – INSTRUCTIONS



## Quick Tips

- Consistency = Success  
Don't expect drastic results in 1 week.
- Avoid Snacks
- Stick to 2-meals a day, 4–6hrs apart to keep insulin low.
- An additional *Unimate* can give you an extra boost of fat burning between meals.
- No big food rules – You'll start making better choices naturally. Prioritizing Protein helps.

## UNIMATE – Morning Fasting Fuel

- Drink in a fasted state / Great for a workout too.
- 16–20 oz water (more water = less sweet).
- Drink it hot or iced – both taste great!

**Benefits:** Boosted mood, more energy less cravings & hunger, Fasting becomes a breeze.

## BALANCE – Pre-Meal Carb Control

- Add packet into 8oz/250mL cold OR room temp water.
- Shake 3–5 times & drink immediately. Enjoy your meal.

**Benefits:** Expands to control portions & blunt sugar spikes. No more crashes after meals & curbs hunger between meals.



International Members Only