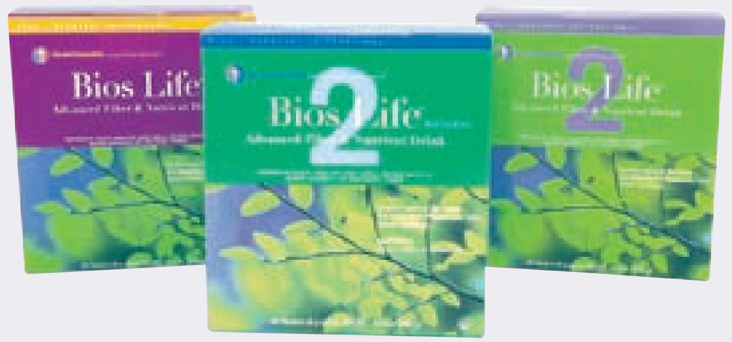

Bios Life 2® Natural Packets
Item #6110
Retail: $56.00

Bios Life 2® Natural Canister
Item #6104
Retail: $48.00

Bios Life 2® Tropical Fruit Packets
Item #6120
Retail: $56.00

Bios Life 2® Original Packets
Item #6109
Retail: $56.00

Bios Life 2® Original Canister
Item #6100
Retail: $48.00

Bios Life 2®
Nutrition Facts

Serving Size: 1 Packet (6 g)
Servings Per Container: 60

Amount Per Serving		
Calories 10	Calories from Fat 0	
		% Daily Value
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	35 mg	1%
Total Carbohydrates	5 g	2%
Dietary Fiber	4.5 g	18%
Soluble Fiber	4 g	
Insoluble Fiber	0.5 g	
Sugars	0 g	
Protein	0g	

Vitamin A (100% as Beta-Carotene	20%		
Vitamin C	100%	Calcium	10%
Iron	0%	Vitamin E	100%
Thiamin	180%	Riboflavin	180%
Niacin	180%	Vitamin B-6	180%
Folic Acid	30%	Vitamin B-12	180%
Biotin	10%	Zinc	6%
Selenium	6%	Chromium	45%

*Percent Daily Values are based on 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	80 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
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Ingredients: Guar gum, Gum Arabic, Locust Bean Gum, Pectin, Oat Fiber, Calcium Carbonate, Natural Orange Flavor, Ascorbic Acid, Oat Fiber (source of Beta-Glucans), Stevia, Niacinamide, dlalpha-Tocopheryl Acetate, Natural Cream Flavor, Maltodextrin, Zinc Gluconate, Pyridoxine HCl, Riboflavin, Thiamin HCl, beta-Carotene, Chromium Polynicotinate (ChromeMate®), Folic Acid, Biotin, Sodium Selenite, Cyanocobalamin.

ChromeMate® is a registered trademark of Inter-Health, N.I.

"In June my cholesterol was measured at 280 and I weighed 202 pounds. In mid August, at the same weight and not having been on any cholesterol restricting diet, I began the Bios Life Program. Four weeks from the day I began my cholesterol level was found to be 147 (133 point drop) and my weight had decreased to 188 pounds. My weight and cholesterol have since been maintained at these levels."†

Henry Wagner, M.D.

. . . .

"After 29 days of regular use of the Bios Life 2® my total cholesterol plummeted from 242 to 169. My LDL fell from 171 to 109 and my triglycerides also had a significant reduction, falling 42 points from 162 to 120 my weight fell 9 pounds during this 29 day period. I had tried for over 1½ years to regulate my cholesterol with diet alone, but was unable to do so."†

BR. Haley, DO

†This testimonial reflects the individual's experience with the Unicity product and may not be typical. Individual results may vary.

For more information, contact your local Business Associate:

Visit us at www.makelifebetter.com or call us at 800-UNICITY (800-864-2489)

Make Life Better™

HEALTH & WELLNESS
- CLEANSE
- > NOURISH
- TARGET

Bios Life 2®

Advanced fiber and nutrient drink

Bios Life 2®. is a fiber-rich nutrient mix that can support healthy cholesterol levels when combined with a healthy lifestyle. In a recent clinical study, Bios Life 2®—with its good source of fiber—proved successful in lowering cholesterol, a risk factor associated with coronary heart disease.*

Studies show that fiber can actually block the synthesis of cholesterol in the body as well as prevent the reabsorption of bile acids from the small intestine. There is also evidence to suggest that soluble fibers may help slow the absorption of glucose in the gastrointestinal system. Bios Life 2® is a special fiber complex of guar gum, locust bean gum, pectin, oat fiber, gum, acacia, and barley fiber.

Product Profile

By consuming a diet that's low in saturated fat and cholesterol and high in fruits and vegetables along with Bios Life 2® —a good source of dietary fiber—you may lower your blood cholesterol and reduce your risk of heart disease. Bios Life 2® features a proprietary matrix of fibers under patent Nos. 4,883,788 and 4,824,672 for the "Method and Composition for Reducing Serum Cholesterol." Another important ingredient in Bios Life 2® is ChromeMate®, a unique form of the essential nutrient chromium. It contains oxygen-coordinated, niacin-bound chromium (polynicotinate), which is a highly bioavailable form of this nutrient.

In addition, Bios Life 2® can help curb your appetite by giving you a pleasant, full feeling when consumed before meals. Bios Life 2® is a natural way to control your appetite while nourishing your body with important nutrients needed for multiple systems.

Bios Life 2® also contains antioxidant vitamins C and E, which have been proven to protect cells from free radical damage. It also supplies key nutrients such as beta-carotene, calcium, zinc, and a complex of B vitamins that promote the body's overall health and well-being.

Benefits of Bios Life 2®:

- Good source of dietary fiber, which offers significant health benefits.
- Excellent source of chromium, antioxidant vitamins, and other beneficial dietary ingredients.
- Helps manage appetite naturally without chemical means.

Frequently Asked Questions

Q: What kind of chromium is in Bios Life 2®?

A: ChromeMate®, a patented,highly bioavailable form of niacin-bound chromium (chromium polynicotinate), is found in Bios Life 2®. Chromium is an essential trace mineral required for normal protein, fat, and carbohydrate metabolism. ChromeMate® contains less than 2 milligrams of niacin and will not cause skin flushing or other side effects associated with high levels of niacin.

Q: We've been hearing a great deal about the benefits of barley fiber, an ingredient in Bios Life 2®, and the beta glucans it contains. What are beta glucans and what are their benefits?

A: Beta glucans are the soluble dietary fiber component of barley and oat bran. They have received much attention from the media due to scientific reports identifying them as the agent in barley and oat bran that is capable of reducing serum cholesterol and stimulating the immune system.

Q: Will I experience any side effects with the introduction of Bios Life 2® into my diet?

A: The addition of fiber supplementation to a diet currently low in fiber may cause temporary diarrhea or constipation. If diarrhea occurs, cut back on the amount of Bios Life 2® you are currently taking and reintroduce it gradually into your diet using one-half packet or 1.5 teaspoons per serving . Because fiber draws water to it (hydrophilic), constipation may occur. If this occurs, increase your water consumption and cut back on your amount of Bios Life 2®. Then, reintroduce larger amounts gradually into your diet. Fiber needs water to work and a normal diet should contain eight or more glasses of water a day.

Research Brief

Fiber encompasses an array of substances indigestible by the human intestine, whereas proteins, fats, and carbohydrates are almost entirely absorbed in the small intestine. Dietary fiber consists of insoluble and soluble components.

Insoluble fiber is found in fruits and vegetables. It produces the tough, chewy texture of foods, such as wheat kernels, nuts, and popcorn, and is found mainly in the cell walls in the form of strands that give support to plant tissue. Soluble fibers are found in grains and legumes and give the mushy texture to certain cereals. Soluble fibers can draw water to themselves (hydrophilic) and form jelly-like masses that act partially as solids and are readily fermented by intestinal bacteria. This mass forms in the stomach to give you a full feeling, thus reducing your appetite and helping you eat less. Soluble fibers help reduce bowel transit time and have a lubricating effect on the intestine.

Soluble fibers are also known to help control and maintain normal cholesterol levels in two ways. First, they prevent the reabsorption of bile acids from the small intestine. To replace the lost bile acids, cholesterol is drawn from the body, thereby reducing its cholesterol supply. Second, the fermentation process in the intestine produces short-chain fatty acids that block the synthesis of cholesterol.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Sources: Haack V.S.; Chesters J.G.; Vollendorf N.W.; Story J.A.; Marlett J.A.; Increasing amounts of dietary fiber provided by foods normalizes physiologic response of the large bowel without altering calcium balance or fecal steroid excretion, Department of Nutritional Sciences, University of Wisconsin - Madison, 53706, USA, Am. J. Clin. Nutr. 1998 Sept., 68:3, 615-22

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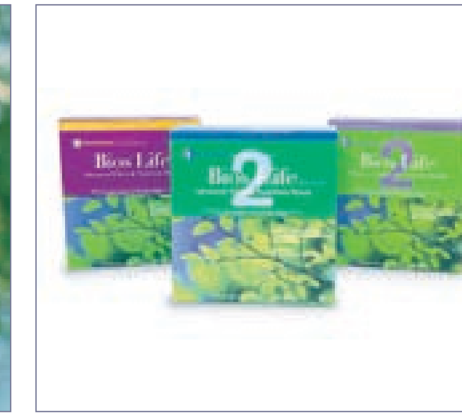

"As chief of cardiology at a major southern California medical center, I have treated just about every type of heart disease there is. I am the designated cardiologist for the president of the United States as well as many other visiting dignitaries, including the Pope....Over the years I have come to realize that when I treat disease, I already lost part of the battle. So, whenever possible my primary goal is to prevent, rather than just to treat disease.

In all my years of practice, I have never seen an all-natural product that is even remotely as effective as Bios Life 2® for its preventive health care potential. I feel that Bios Life 2® should be taken by everyone who has the wisdom to understand that the best way to treat disease is to prevent it."†

Gerald F. Bresnahan, M.D.
Encino, CA

†This testimonial reflects the individual's experience with the Unicity product and may not be typical. Individual results may vary.