



Unicity International Product listing in the Physicians' Desk Reference Edition 2006

PHYSICIANS' DESK REFERENCE®

Unicity International
THE MAKE LIFE BETTER COMPANY
1201 NORTH 800 EAST
OREM, UT 84097

Direct Inquiries to:
(801) 226 2600
www.makelifebetter.com
science@unicity.net

Products of Unicity International, The Make Life Better Company are distributed through independent distributors.

BIOSLIFE 2® OTC
[bī-ōs lif 2]
Advanced Fiber and Nutrient Drink

DESCRIPTION

BiosLife 2 is a nutrient-rich fiber drink mix that contains a patented complex of soluble and insoluble fibers, vitamins, and minerals.

BENEFITS AND RESEARCH

BiosLife 2—a good source of dietary fiber—when included as part of a healthy diet, may help lower your blood cholesterol levels and reduce your risk of heart disease. Eight weeks of BiosLife 2 showed a significant reduction in LDL-c compared to placebo. The mechanism of BiosLife 2 in cholesterol reduction is thought bile-acid sequestration.

SUGGESTED USE

First users: dissolve the contents of one packet into 8 to 10 fl. oz. of liquid (water or juice), stir vigorously and drink immediately 5 to 10 minutes before the main meals. After fiber adjustment use as directed above up to three times daily before every meal.

CONTENTS

One packet of BiosLife 2 contains 4.5 gram fiber, comprising of 4 grams of soluble fiber. Added to this fiber mix are optimal daily levels and bio-available forms of several vitamins, and chromium (as ChromeMate™). BiosLife 2 is available in Natural, Original, and Tropical Fruit flavors. For detailed dietary information, please see www.unicity.net

SAFETY AND WARNINGS

BiosLife 2 is well accepted. Some users report mild gastrointestinal discomfort after first use. This is a normal effect of increased fiber intake and normally disappears within 30 days. Taking this product without adequate liquid can result in complications. If you are a diabetic, consult a physician for proper use of this product, as the chromium may reduce the need for medication.

HOW SUPPLIED

Conveniently packaged in single-serving packets or bulk canisters.

REFERENCES

Sprecher, DL and Pearce GL (2002), *Metabolism* 51: 1166-70.

Verdegem, PJE; Freed, S and Joffe D (2005), American Diabetes Association 65th Scientific Sessions, San Diego. US Patent 4,883,788 and US Patent 4,824,672.

*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.

CARDIOESSENTIALS® OTC
Caring for your heart

DESCRIPTION

CardioEssentials is Unicity's superior heart product.

Benefits and research

CardioEssentials provides nutrients for the heart muscle, and supports healthy heart function. The combination of L-carnithine, L-aurine, and Coenzyme Q10 has been shown to benefit congestive heart failure patients in a clinical study. In this study, left ventricular size was reduced in CHF patients, giving them a better prognosis. These ingredients are known to be important in providing adequate energy for the heart muscle. CardioEssentials provides adequate amounts of these ingredients, i.e. 100 mg of CoQ10. Hawthorn extract is traditionally used in supporting the heart function.

SUGGESTED USE

Take six capsules daily with food.

Contents

CardioEssentials features a proprietary blend of L-carnithine, L-aurine, and Hawthorn, combined with 100 mg of Coenzyme Q10.

For detailed dietary information, please see www.makelifebetter.com

SAFETY AND WARNINGS

CardioEssentials is well accepted. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

HOW SUPPLIED

Available in bottles of 180 tablets.

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REFERENCES

Jeejeebhoy, F et al (2002), *American Heart Journal* 143 1092-1100.

CM PLEX™ AND CM PLEX™ CREAM OTC
[CM plēks]
Proprietary fatty acid blend to help alleviate symptoms of osteo arthritis*

DESCRIPTION

CM Plex and CM Plex Cream are a softgel, and topical cream product respectively, combining fatty acids, in a proprietary blend of cetyl myristate, cetyl myristoleate, and other cetyl esters.

Benefits and research

Cetyl myristoleate and related fatty acids have been proven to improve joint health, through their anti-inflammatory effects. A clinical study indicated that subjects exhibited improvements in knee flexion compared to placebo. A second study indicated the cream is effective for improving knee range of motion, improving ability to climb stairs, rise from a chair, and walk, and improving balance, strength, and endurance.*

SUGGESTED USE

Softgels: Take one or two softgels three times daily with meals. Cream: Apply generously onto clean skin and gently massage until the cream disappears. Repeat 3 to 4 times daily as necessary. For maximum results combine both products.

Contents

CM Plex contains a proprietary blend of cetyl myristate, cetyl myristoleate, and other cetyl esters. For detailed dietary information, please see www.unicity.net.

Safety and Warnings

CM Plex Softgels and Cream are well accepted. Some gastrointestinal discomfort may be experienced with CM Plex Softgels as with any dietary supplement.

HOW SUPPLIED

CM Plex is available in both cream and soft gels.

REFERENCES

Hesslink, R et al (2002), *Journal of Rheumatology* 29: 1708-1712.

Kraemer, WJ et al (2004), *Journal of Rheumatology* 31: 767-774.

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VISUTEIN® OTC
[vīs-u-tēn]
Clinically proven to support healthy eyes and vision.*

DESCRIPTION

VISUTEIN is Unicity's product providing key nutrients for the eye.

Benefits and research

The carotenoids lutein and zeaxanthin play an important role in eye health. Low concentrations of these phytonutrients in the retina have been associated with age-related macula degeneration (AMD). Studies have shown, that supplementation with high levels of lutein, as present in VISUTEIN, can restore the lutein concentration in the retina. The product further features important vitamins, and carotenoids that are important in preserving overall eye health and supporting clear vision. N-acetyl cysteine is added to boost the glutathione levels in the retina. Low glutathione lev-

els have been shown to reduce protection of the eye against oxidative stress. A recent clinical study with VISUTEIN has shown that AMD patients experience clear improvements in visual acuity, contrast sensitivity, and recovery from a flash.*

SUGGESTED USE

Take two capsules per day with a meal.

Contents

VISUTEIN provides 18 mg of lutein, along with 200 mg of N-acetyl cysteine, and 60 mg anthocyanidins from bilberry. Other ingredients are mixed carotenoids, vitamins A, B2, and zinc. For detailed dietary information, please see www.unicity.net.

SAFETY AND WARNINGS

VISUTEIN is well accepted. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

HOW SUPPLIED

Available in bottles of 60 Capsules.

REFERENCES

Newsome, DA and Meyers, L (2004), "A Randomized Prospective Clinical Trial of Two Commercially Available Ocular Diet Supplements", *In press*.

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