



Unicity International Product Listing in the Physician's Desk Reference Edition 2009

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PHYSICIANS' DESK REFERENCE®

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Products of Unicity International are distributed through independent distributors.

BIOS LIFE

[bi-ōs lif]

Advanced Fiber and Nutrient Drink

OTC

DESCRIPTION

Bios Life is a fiber based nutritional supplement. Bios Life contains a blend of soluble and insoluble fibers, phytosterols, policosanol, an extract of Chrysanthemum morifolium, vitamins, and minerals that when combined with a healthy diet and exercise may lower total serum cholesterol, reduce the risk of heart disease and help achieve and maintain a healthy body weight.

Bios Life is light orange in color. It is a hygroscopic crystalline powder that is generally soluble in water. Each serving of Bios Life contains 4 g of fiber, 1 g of phytosterols, 6 mg of policosanol and 12.5 mg of an extract of Chrysanthemum morifolium. In addition to these active ingredients each serving of Bios Life contains maltodextrin, citric acid, orange juice powder, sucralose and orange flavor.

BENEFITS AND RESEARCH

It's estimated that Americans consume 10-12 g of total fiber per day, less than half the amount of the recommended daily intake. Epidemiological and clinical studies have correlated low daily fiber intake with higher incidences of obesity, hyperinsulemia, hypercholesterolemia, and elevated the risks of cardiovascular disease.

Bios Life is a nutritional supplement designed to increase fiber intake. Each serving of Bios Life contains four grams of fiber. When taken three times a day this achieves half of the recommended daily value of fiber. Fiber supplementation has been shown to decrease preprandial and postprandial glucose levels; lower LDL-cholesterol and apolipoprotein B levels; increase satiety and facilitate weight loss.

In addition to fiber supplementation, Bios Life contains a patented blend of phytosterols, policosanol, Chrysanthemum morifolium, vitamins and minerals. This blend of ingredients optimizes cholesterol levels through a combination of four mechanisms. First, the soluble fiber matrix prevents cholesterol re-absorption in the gastrointestinal tract through bile-acid sequestration. Second, the phytosterols reduce dietary absorption of cholesterol. Third, policosanol inhibits hepatic synthesis of cholesterol mediated through HMG-CoA reductase. Fourth, chrysanthemum morifolium provides phytonutrients that enhance conversion of cholesterol to 7- α -hydroxycholesterol. The four mechanisms provide a synergistic approach to optimizing cholesterol levels. Research has shown that this product may serve as a first line treatment option for mild hypercholesterolemia, as well as adjunct therapy for lipid lowering pharmaceutical intervention.

SUGGESTED USAGE

Dissolve the contents of one packet or one scoop into 8 to 10 fl. oz. of liquid (water or juice) and mix vigorously. Drink immediately. Use with meals up to three times daily.

SAFETY AND WARNINGS

Bios Life is well tolerated. There may be mild gastrointestinal discomfort, such as increased flatulence or loose stools, during the first month of initial use due to the increased uptake of dietary fiber. This GI disturbance usually disappears within the first thirty days. If the GI discomfort persists, reduce the number of servings of Bios Life. If the GI discomfort further persists, stop taking the product and consult your physician. 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

Bios Life is packaged in single-serving foil packets or in 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, CA.
Duenas, V; Duenas, J; Burke, E and Verdegem, PJE (2006), 7th International Conference on Arteriosclerosis, Thrombosis, and Vascular Biology, American Heart Association, Denver, CO.
Verdegem, PJE (2007), Current Topics in Nutraceutical Research 5: 1-6
US Patent 6,933,291.

* 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.

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PRODUCT INFORMATION

UNIMED/3159

CARDIO-ESSENTIALS

Caring for your heart*

OTC

DESCRIPTION

Cardio-Essentials is a nutritional supplement for the heart. Cardio-Essentials contains Coenzyme Q-10, L-carnitine, L-taurine and Hawthorn berry.

Cardio-Essentials is a light tan, water soluble powder. Each capsule of Cardio-Essentials contains 100 mg of Coenzyme Q-10 and 3.5 g of a blend of L-carnitine, L-taurine, and Hawthorn berry. In additions to those active ingredients each capsule also contains silicon dioxide, stearic acid and calcium silicate.

BENEFITS AND RESEARCH

One of the leading causes of congestive heart failure (CHF), left ventricular dysfunction, affects approximately 1.5% of the population in the United States. CHF patients with left ventricular dysfunction have reduced levels of Coenzyme Q-10, L-carnitine and L-taurine and an enlarged left ventricle. In a clinical study, the combination of L-carnithine, L-taurine, and Coenzyme Q10 was shown to benefit congestive heart failure patients by reducing left ventricular size. 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 three capsules twice a day with food.

SAFETY AND WARNINGS

Cardio-Essentials is well tolerated. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

HOW SUPPLIED

Available in capsules

REFERENCES

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

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CM PLEX™ AND CM PLEX™ CREAM

[CM plēks]

Proprietary fatty acid blend to help alleviate symptoms of osteo arthritis*

OTC

DESCRIPTION

CM Plex and CM Plex Cream are a softgel, and topical cream product respectively, that contains a proprietary blend of cetylated fatty acids soy and fish oil.

CM Plex is an opaque powder that is insoluble in water. One softgel capsule of CM Plex contains 350 mg of cetylated fatty acids, 160 mg soy oil and 25 mg salmon oil. In addition to these active ingredients, each softgel capsule contains glycerin and St. John's Bread.

CM Plex cream is an off white powder that is insoluble in water. One gram of CM Plex Cream contains 7.7 mg of cetylated fatty acids and olive oil. In addition to these active ingredients CM Plex Cream also contains Glycerol Stearate, Glycerin, Lecithin, Tocopheryl Acetate, Benzyl Alcohol, Phenoxyethanol, Carbomer, PEG-100 stearate, Sodium Hydroxide, Methylparaben, Propylparaben, Butylparaben, Ethylparaben, Isobutylparaben and Citrus Aurantium Bergamia (Bergamot) Fruit Oil.

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 to 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.

SAFETY AND WARNINGS

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

HOW SUPPLIED

CM Plex is available in soft gels and as a topical cream.

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

[vī s-u-tēn]

OTC

Clinically proven to support healthy eyes and vision.*

DESCRIPTION

VISUtein is a nutritional supplement for maintaining healthy eyes. VISUtein contains lutein, anthocyanidins from bilberry, N-acetyl cysteine, zinc, mixed carotenoids (β -carotene, α -carotene and zeaxanthin) and riboflavin. VISUtein is a purple crystalline powder that is water soluble. In addition to the active ingredients lutein, anthocyanidins, N-acetyl cysteine, zinc, mixed carotenoids and riboflavin, each 600 mg capsule contains magnesium stearate.

BENEFITS AND RESEARCH

Antioxidants from the carotenoid chemical family, such as lutein and zeaxanthin, play an important role in eye health. Low concentrations of these compounds in the retina are associated with age-related macular degeneration (AMD). Supplementation with high levels of lutein can restore the lutein concentration in the retina. Further supplementation of vitamins C and E along with zinc, copper and β -carotene delayed the onset of AMD. Low glutathione levels have been shown to reduce protection of the eye against oxidative stress. N-acetyl cysteine has been shown to elevate glutathione levels in the retina. A recent clinical study with VISUtein has shown that AMD patients experience clear improvements in visual acuity, contrast sensitivity, and recovery from a flash.*

USAGE

Take two capsules per day with a meal.

SAFETY AND WARNINGS

VISUtein is well tolerated. Some gastrointestinal discomfort may be experienced as with any dietary supplement.

HOW SUPPLIED

Available in 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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