

Clinical Study on Bios Life Slim®

Next Generation

PARTICIPANT GUIDE



INTRODUCTION

Study Purpose

Welcome to the Next Generation of Bios Life Slim® open label, white label clinical study. We thank you for agreeing to be a participant. The purpose of this study is to test the effects of the fiber-based, vitamin-rich, nutritional supplement Bios Life Slim on the symptoms of metabolic syndrome. You will be asked to use the product for 90 days; we ask that you be diligent in your adherence to taking the product according to the directions we will provide and to tracking your results on a daily basis.

You have been given the opportunity to participate in this study based upon your commitment to do the following:

1. Purchase a three-month supply of the Next Generation Slim.
2. Take the product in compliance with the guidelines provided in this manual.
3. Agree to provide Unicity with your base-line measurements at the start of this study (found on page 06 of this manual), and then again on days 30, 60, and 90 (Include HbA1C at 0 and 90 days). All data will remain confidential. Unicity is HIPAA compliant.

This manual includes directions on how to use the product, tips on nutrition and exercise, and information that will help you keep track of your progress. There is also a section to guide you through the process of creating a secure on-line method for inputting your results data. This information is invaluable to us as researchers, and we ask that you be diligent in your record-keeping.

Once again, thank you for your participation.

*Best Regards,
Unicity Research and Development*

How to Use Bios Life Slim®

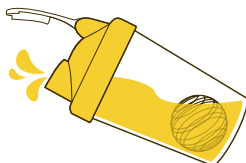


8-10 oz.
water

1 mix



2 shake



3 drink
immediately

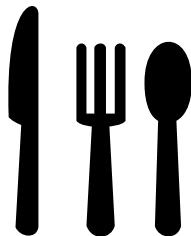


2x DAILY

For best results take two times daily, before meals. Mix each packet with eight to ten ounces of water. Stir vigorously in shaker cup. Do not allow Slim to sit; drink immediately.



drink
before meals



Proper Nutrition

Balanced nutrition is the foundation to a healthy body. What you eat and the amount you eat has the largest impact on your body composition. Here are some suggestions to improve your diet:



Use this rule: 4–4–12

Eat a high protein breakfast. We recommend Lean Complete and LiFiber—wait at least 4 hours to eat lunch. Take Slim, eat lunch—wait at least 4 hours to eat dinner. Take Slim, eat dinner—wait at least 12 hours to eat breakfast.



4–4–12 is a simple rule to help you establish a regular, consistent meal pattern.



Add color to your meals

Eat more vegetables. Use more legumes and lentils as your primary source for carbs. Vegetables are not only great sources of vitamins, minerals, and antioxidants but they add flavor and aesthetic appeal.



Switch out sweets

Drop that doughnut and pick up a pear. Switch out the refined carbs for that which Mother Nature intended you to eat.



Drink lots of water

Nearly all the major systems in your body depend on water. Water improves digestion, helps regulate body temperature, carries nutrients and oxygen to your cells, and protects organs and tissues.* Drink 8 oz. of water 6-8 times each day.

Proper Fitness

Along with proper nutrition, good health includes a smart exercise program. Just like a balanced diet has more than one part – a balanced exercise program includes several components.

Start with stretches to improve your flexibility

Flexibility or stretching is often the most overlooked element of a balanced fitness routine. Stretching keeps muscles long and lean, keeps joints mobile and reduces shock to supporting muscles and tendons.



Be active, think 10,000

Set a goal to walk 10,000 steps. Don't worry about not achieving it your first day. Keep working at it until you get there.



Interval training + Strength training

A good fat-burning program includes strength training. This is because muscle burns more calories than fat, and it will help boost your metabolism. Bring weights with you while you walk. Use elastic bands to create resistance.



Keep it simple

Don't worry, you don't have to wear parachute pants and bench a Volkswagen to get benefits from strength training. Focus on simple exercises that you know you can do, then build from there.



Bios Life Slim® Next Generation

Unicity International® is pleased to introduce the Next Generation of Bios Life Slim with Nutrafiber™ technology



Nutrafiber™

Nutrafiber is 100% soluble dietary fiber developed by a Fortune 100 company in collaboration with the U.S. Department of Agriculture. Nutrafiber is non-caloric, non-allergenic, and non-fermentable (reduced gassiness and bloating). It's also Kosher and Halal certified. In clinical studies, Nutrafiber has been shown to maintain healthy blood glucose, insulin, and cholesterol levels.



Gluten Free

BIOS LIFE®

Bios Life Slim Next Generation

all Natural
Sweeteners
Next Generation
of Slim

Supplement Facts

Serving Size: 1 Packet (7.25 g)
Servings Per Container: 60

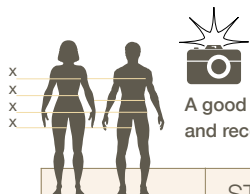
Amount Per Serving		% Daily Value**
Calories 10	Calories from Fat 0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Total Carbohydrate	5.0 g	2%
Dietary Fiber	4.0 g	16%
Soluble Fiber	3.7 g	
Insoluble Fiber	0.3 g	
Sugars	0 g	
Other Carbohydrates	1.0 g	
Protein	0 g	
Vitamin A (100% as Beta-Carotene)		15%
Vitamin C		67%
Calcium		12%
Vitamin E		60%
Thiamin		100%
Riboflavin		100%
Niacin		100%
Vitamin B-6		85%
Folate		55%
Vitamin B-12		33%
Biotin		7%
Zinc		16%

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

† Percent Daily Value is not established.

Ingredients: **Biosphere Fiber**[®] (guar gum, gum arabic, locust bean gum, citrus pectin, oat fiber, maltodextrin, beta glucan), **Nutrafiber**[™] (Proprietary blend of plant-derived polysaccharides, orange juice powder flavor blend, calcium carbonate, stevia, citric acid), **Bios Vitamin Complex**[™] (vitamin C (ascorbic acid), vitamin A (as beta-carotene), vitamin E (d-alpha-tocopheryl acetate), niacin (niacinamide), zinc (zinc gluconate), folic acid, biotin, vitamin B1 (thiamine HCl), vitamin B6 (pyridoxine HCl), vitamin B2 (riboflavin), vitamin B12 (cyanocobalamin), orange juice powder, citric acid).

Track Your Progress



A good way to track your progress is take a picture every 4 weeks and record the following information in the chart on this page:

	START	Day 30	Day 60	Day 90
Weight				
Body Fat %				
Chest				
Waist				
Hips				
Thighs				

	START	Day 30	Day 60	Day 90
TC				
LDL-c				
HDL-c				
HbA1c				
Glucose (FG)				
Triglycerides				

Track Your Slim Use

- breakfast
- lunch
- dinner
- exercise

Check the box for each meal you used Slim and write the date. For each day you exercise check the box labeled with the lowercase letter e.

25th

FIRST 30 DAYS

Month _____

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SECOND 30 DAYS

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THIRD 30 DAYS

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Create Your Account

Go to unicityscience.org/openlabelstudy/
Click Create an account in bottom right hand corner
Enter your name, username, password, and email
Click on Register in the bottom left hand corner



You will see this message:

Your account has been created and an activation link has been sent to the email address you entered. Note that you must activate the account by clicking on the activation link when you get the email before you can login.

Go to your email account and look for an email from “Unicity Open Label Study” with a subject line of “Account Details for [Your Name] at Unicity Open Label Study.” Click on the link found in the email. This will activate your account and take you to a login screen. Login with your username and password.

After Login

The first time you login, it will initiate your participation in the study. Please click on the “Edit” button at the top of the screen and update your Birthdate, Gender and provide any details that we may need to know about you. In the details section – please note if you are currently taking any medications and how you plan or are using Slim (e.g. taking one packet twice a day, one packet three times a day, etc.) Click on the “Save” button.

Record your measurements and lab results in the “Data Entry” section and click “Save.” Your recorded information will appear at the bottom of the page. When you are done, you can logout by moving your mouse over your name in the top right corner of the screen and clicking on logout or you can simply close your browser.

slim™

Contact: