

Something Great!

Balance

*THE SMART SOLUTION TO
BALANCED NUTRITION*



How To Use It:



Take Balance with your heaviest meal of the day to slow the impact of the carbohydrates you consume and to help you through the fasting period.



Mix well with 8-10 oz. (240-300 mL) cold water. A shaker bottle or hand mixer works best.



Drink immediately. Balance is designed to thicken after mixing, and you want this to happen in your stomach, not in your cup!

- ▶ Makes You Feel Full Longer
- ▶ Slows Carbohydrate Absorption
- ▶ Increases Fat Burning
- ▶ Promotes Healthy Blood Sugar & Insulin Levels
- ▶ Helps Lower LDL Cholesterol
- ▶ Increases HDL Cholesterol
- ▶ Lowers Triglycerides
- ▶ Promotes Healthy Gut Microbiome
- ▶ Easy to Use & Tastes Delicious
- ▶ Comprised of Fibers, Vitamins & Minerals, Plant Molecules



Helps curb appetite between meals.



Helps reduce carbohydrate absorption in the body.



Supports normal healthy blood glucose levels.



Supports healthy weight management.



Aids in reducing the amount of cholesterol absorbed into the bloodstream.



Supports the 16:8 eating pattern and other intermittent fasting methods.