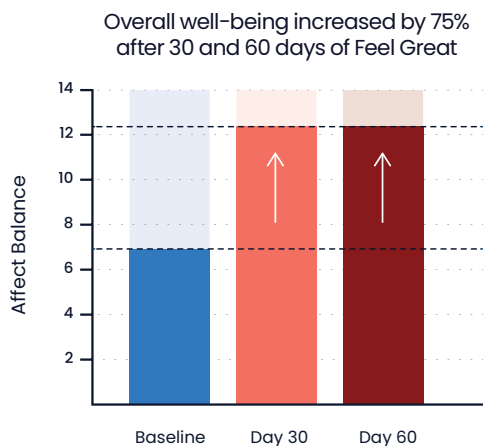




The “Feel Great” program improves feelings of well-being in healthy adults

This study was conducted to measure changes in well-being (positive and negative feelings, overall affect balance) among participants following Unicity’s Feel Great daily supplementation and intermittent fasting protocol for 60 days. During the trial, participants experienced significant improvements in mood balance scores on the Scale of Positive and Negative Experiences (SPANE) after both 30 and 60 days, indicating improved well-being.



Background

The following study was conducted to measure changes in feelings of well-being among participants following Unicity’s Feel Great program, which consists of daily supplementation with Unimate and Balance. In combination, these two products provide fiber, polyphenols and other beneficial compounds shown to enhance both physical and cognitive health and performance.¹⁻³ Unimate is a yerba mate-based dietary supplement containing chlorogenic acids, methylxanthines, and triterpene saponins that may support feelings of well-being and happiness.⁴

Methods

This was an open-label interventional study. Participants were 37 healthy adults (ages 20–65 years) who were employees of Unicity or its affiliates, asked to follow the Feel Great protocol for 60 days. The protocol consisted of two supplements to consume as indicated: 1) Unimate Lemon, a yerba mate-based supplement, consumed once in the morning, and 2) Unicity Balance, a fiber supplement, consumed twice per day 15 minutes prior to a meal. In addition, participants fasted overnight for 12–16 hours, throughout the 60 days. A subset of participants (N=7) were assigned to take only one serving of Balance per day to determine the effects, if any, of dose on study outcomes. Subjects in this Methods group still consumed one serving of Unimate per day and fasted overnight for 12–16 hours. On Days 0 (Baseline), 30, and 60, the 12-item Scale of Positive and Negative Experiences (SPANE) was administered. This is a validated survey tool for assessing well-being in which frequency of experiencing Positive Feelings (positive, good, pleasant, happy, joyful, and contented) and frequency of experiencing Negative Feelings (negative, bad, unpleasant, sad, afraid, and angry) over a 4-week timespan are reported retrospectively by the subject.⁵ The SPANE Affect Balance is determined by subtracting the sum total of Negative Feelings from the sum total of Positive Feelings.

37 participants	ages 20–65 years	60 days
-----------------	------------------	---------

Results

The Affect Balance is an overall measure of happiness or well-being, and scores may range from the unhappiest possible (-24) to the highest balance possible (24). Repeated measures ANOVA indicated significant increases on the Affect Balance SPANE Score. As shown in Figure 1, pairwise comparisons to Day 0 revealed a highly significant increase in overall well-being after 30 and 60 days of the protocol ($p<0.0001$ and $p=0.0003$, respectively). The two components of the Affect Balance are the Positive Feelings score and Negative Results Feelings score. Positive Feelings scores increased significantly from baseline after 30 days ($p=0.02$) and 60 days ($p=0.008$), indicating greater frequency of experiencing positive feelings. In contrast, Negative Feelings scores decreased significantly from baseline after 30 days ($p<0.0001$) and 60 days ($p=0.0001$), suggesting fewer experiences of negative feelings. No differences were seen between participants consuming one or two doses of Balance per day (data not shown).

Figure 1

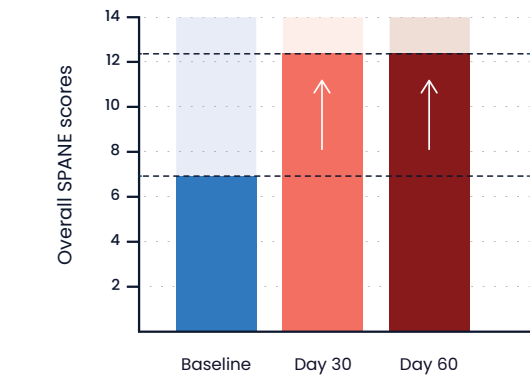


Figure 1. Affect Balance SPANE score (overall happiness) at Days 30 & 60 significantly increased from Day 0 (Dunnett's multiple comparisons vs. Day 0: ‡ $p<0.001$, † $p<0.0001$).

Figure 2

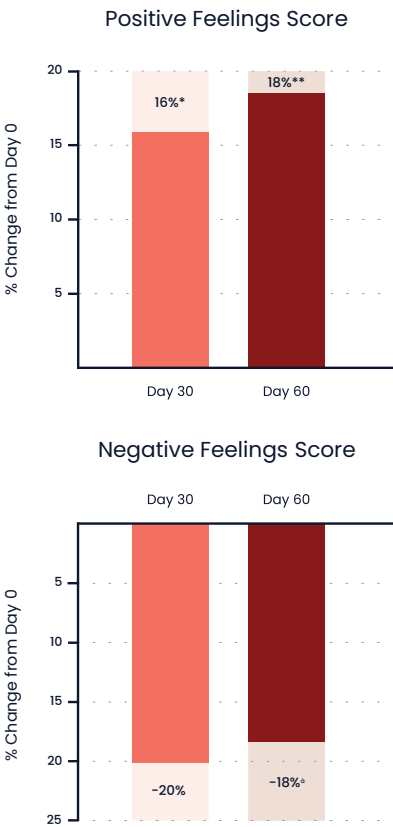


Figure 2. Positive Feelings score at Days 30 & 60 significantly increased 16% and 18%, respectively, from Day 0. Negative Feelings score at Days 30 & 60 significantly decreased by 20% and 18%, respectively, from Day 0. (Dunnett's multiple comparisons: * $p<0.05$, ** $p<0.01$, ‡ $p<0.001$, † $p<0.0001$).

18%
increase in **positive feelings** and **decrease** in **negative feelings** after 60 days of Feel Great.

Conclusion

The Feel Great protocol may lead to improved quality of life. Overall happiness and well-being significantly increased after 30 and 60 days on the program, as measured by the validated SPANE assessment. Feel Great's other potential benefits include improved cardiovascular and metabolic health.

References

1. Anderson JW, Baird P, Davis RH Jr, Ferreri S, Knudtson M, Koraym A, Waters V, Williams CL. Health benefits of dietary fiber. *Nutr Rev.* 2009 Apr;67(4):188-205.
2. Lutomski P, Goździewska M, Florek-Łuszczki M. Health properties of Yerba Mate. *Ann Agric Environ Med.* 2020 Jun 19;27(2):310-313.
3. Gambero A, Ribeiro ML. The positive effects of yerba maté (*Ilex paraguariensis*) in obesity. *Nutrients.* 2015 Jan 22;7(2):730-50.
4. Gawron-Gzella A, Chanaj-Kaczmarek J, Cielecka-Piontek J. Yerba Mate-A Long but Current History. *Nutrients.* 2021 Oct 21;13(11):3706.
5. Diener E, Wirtz D, Tov W, Kim-Prieto C, Choi D, Oishi S, Biswas-Diener R. New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research.* 2010 Jan 1;39:247-266