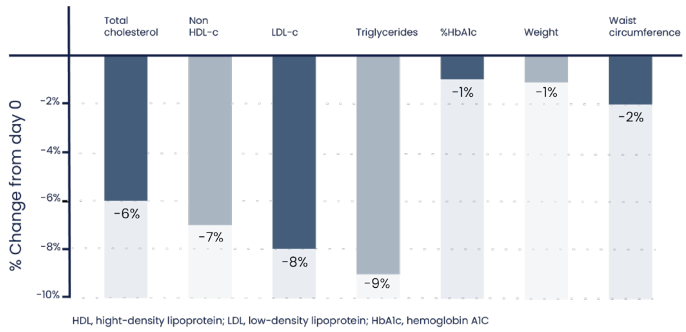
# The “Feel Great” program improves cardiometabolic health outcomes in healthy adults

This study was conducted to measure changes in cardiometabolic health among participants following Unicity’s Feel Great daily supplementation and intermittent fasting protocol for 60 days. During the trial, participants experienced significant improvements in important markers of metabolic health, including blood lipids, triglycerides, and glycated hemoglobin (HbA1c) levels, as well as decreases in body weight and waist circumference.




HDL, hight-density lipoprotein; LDL, low-density lipoprotein; HbA1c, hemoglobin A1C

## Background

An epidemic of obesity and related cardiometabolic diseases, driven by poor diet and sedentary lifestyle, is spreading rapidly worldwide. A diet rich in dietary fiber can lower blood cholesterol levels and better manage blood glucose levels. In addition, high-fiber foods tend to provide better satiety, which aids in reducing calorie consumption. The following study was conducted to measure cardiometabolic Background changes among participants following Unicity’s Feel Great daily supplementation and time-restricted eating protocol for 60 days. The daily protocol consists of following a time-restricted eating approach (eating window 8-10 hours) and dietary supplementation with Balance and Unimate that, in combination, provide fiber and polyphenolic compounds with numerous benefits for cardiometabolic health.[1-3]

## Methods

This was an open-label interventional study of 42 healthy participants who were employees of Unicity or its affiliates, ages 20-65 years, and who followed Unicity’s Feel Great program for 60 days. The program consisted of two supplements to consume daily as indicated: 1) Unimate Lemon, a powdered yerba mate drink mix, consumed once in the morning during the “fasting” period (N=42), and 2) Balance, a fiber supplement, consumed twice per day (N=34) 15 minutes prior to a meal. A small group of participants (N=8) were assigned to take only one serving of Balance per day to determine the effects, if any, of product dose on study outcomes. In addition, participants fasted overnight for 14-16 hours throughout the 60 days. Methods Unimate is a proprietary yerba mate extract containing naturally occurring chlorogenic acids, caffeine and theobromine (methylxanthines), and mate saponins. One serving of Balance contains 4 g of fiber from a variety of sources along with minerals, vitamins, policosanol, phytosterols, and Chrysanthemum morifolium extract.

Measurements collected at Days 0 (baseline), 30 and 60 included weight, waist circumference, blood lipid levels (cholesterol profile and triglycerides), and percent hemoglobin A1c(% HbA1c).

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|---|---|---|
| 42 participants | ages 20-65 years | 60 days |

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# Results

Repeated measures ANOVA revealed significant decreases in weight and waist circumference (p=0.0008 and p=0.0045) among all study participants over the three timepoints (Figure 1). Furthermore, paired tests revealed significant decreases in non-high-density lipoprotein (non-HDL), low-density lipoprotein (LDL), and total cholesterol (Figure 2). Triglycerides and percent hemoglobin A1C (% HbA1c) were also significantly lower among all participants after 60 days (Figure 2).

A significant Results increase (p=0.0085) was observed in % HDL cholesterol after 60 days (Figure 3). Subjects were stratified by high versus low baseline non-HDL cholesterol (non-HDL-c, >145 mg/dL or ≤145 mg/dL). Those in the high non-HDL-c group (N=24) displayed a significant improvement over 60 days in non-HDL-c, LDL-c, total cholesterol, and % HbA1c, while subjects in the low baseline non-HDL-c group (N=18) did not (Figure 4). No significant changes were observed in HDL-c, triglycerides, or % HDL.

**Figure 1**

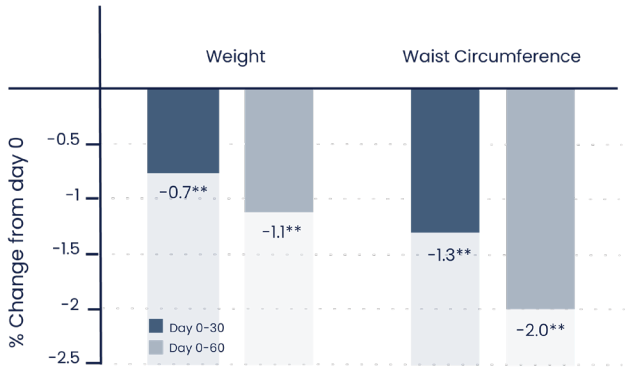


**Figure 1.** Percent change in body weight and waist circumference of participants from Day 0 to Day 30 and Day 60. Mean body weight and waist circumference of participants decreased significantly by 1.1% and 2.0%, respectively, after 60 days of Feel Great. Dunnett's multiple comparisons: *p<0.05, **p<0.01.

**Figure 2**

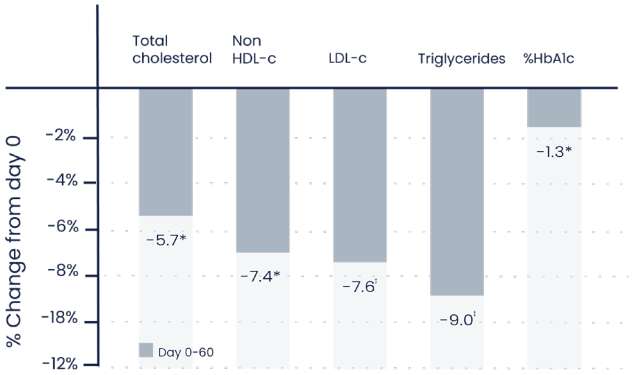


**Figure 2.** Percent change from Day 0 to Day 60 in lipid and glucose markers. Total, non-HDL and LDL cholesterol, triglycerides, and % HbA1c all decreased significantly by 5.7%, 7.4%, 7.6%, 9.0%, and 1.3%, respectively. Paired t-test: *p<0.05; Wilcoxon signed rank test: ‡p<0.05.

**Figure 3**

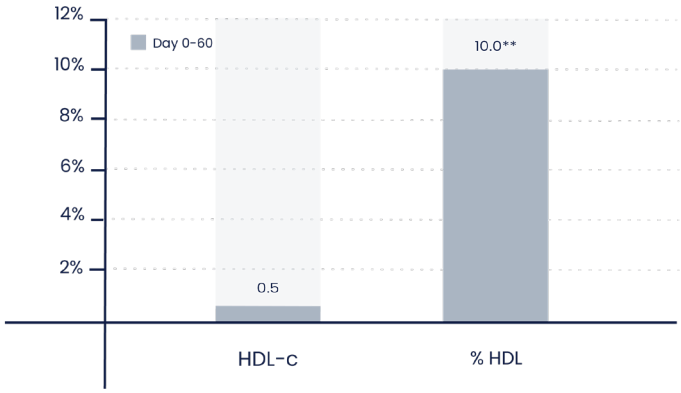


**Figure 3.** Percent change from baseline to Day 60 in % HDL. Percent HDL cholesterol significantly increased by 10% after 60 days on the Feel Great protocol. Paired t-test: **p<0.01.

**Figure 4**

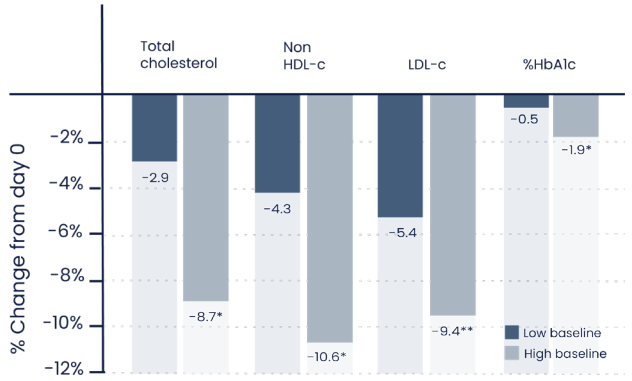


**Figure 4.** Participants stratified by Low and High Day 0 non-HDL cholesterol (Low: ≤145 mg/dL, High: >145 mg/dL). Participants with higher baseline non-HDL cholesterol had significant decreases in cholesterol and HbA1c markers. 2-way repeated measures ANOVA: *p<0.05, **p<0.01.

## Conclusion

In a 60 day study of 42 healthy participants, the Feel Great program improved important markers of cardiovascular and metabolic health. In particular, the program improved total, non-HDL, and LDL cholesterol, as well as % HbA1c - particularly in those with higher starting levels of non-HDL cholesterol.

## References


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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.