

The Feel Great Program: An Evidence-Based Approach to Improving Cardiometabolic Health

This document provides a high-level clinical overview of Feel Great, an evidence-based nutritional intervention designed to support patients in managing weight, glucose, and insulin resistance by addressing the foundational drivers of metabolic disease.

The Metabolic Health Crisis: A Clinical Imperative

The United States is facing a significant public health crisis rooted in metabolic dysfunction. Current data reveal a stark reality for clinicians and patients¹:

7%

Pervasive Poor Health: Fewer than 1 in 14 U.S. adults (7%) possess optimal cardiometabolic health.

38%

Epidemic of Dysglycemia: More than one in three American adults (38%) has prediabetes, with the majority being undiagnosed.

74%

High Prevalence of Obesity: Nearly three out of four adults (74%) are either overweight or living with obesity.

70%

Diet as a Root Cause: Poor nutrition is linked to over one million U.S. deaths annually and an estimated 70% of new type 2 diabetes diagnoses.

This clinical landscape necessitates effective, scalable, and evidence-based nutritional strategies that can address the foundational drivers of metabolic disease.

Feel Great

A Multi-Modal Intervention

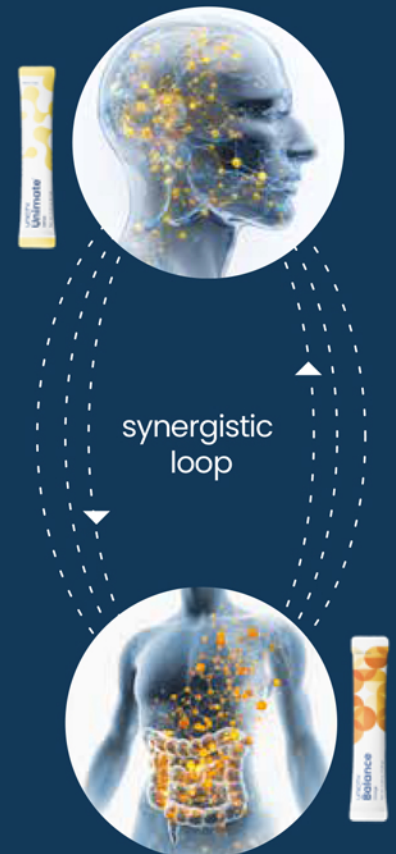
Feel Great is an integrated protocol that combines two science-backed formulations with 16:8 time-restricted eating (TRE)² to enhance metabolic health and promote long-term adherence.



Core Mechanisms of Action

Unimate® is a purified yerba mate extract that supports fasting adherence by modulating dopamine and adenosine pathways for improved mood and energy, while its polyphenols are metabolized by the gut microbiome to increase endogenous GLP-1, a key hormone for glucose control and appetite regulation.³⁻⁵

Balance is a pre-meal fiber and phytonutrient matrix that slows glucose absorption, blocks cholesterol uptake, and nourishes the gut microbiome with prebiotics.⁶ This, in turn, enhances Unimate's efficacy, creating a powerful synergistic loop.



Key Outcomes

Results presented are derived from rigorous preclinical and clinical studies conducted on Unimate and Balance.

Category	Outcome
Glycemic Control	↓ 12% reduction in daily glycemic variability⁷ ↓ 37% reduction in post-prandial glucose response⁶ ↓ 27% reduction in insulin response^{8,9}
Lipid Profile	↓ 9% reduction in fasting triglycerides¹⁰ ↓ 8% reduction in LDL cholesterol¹⁰
Weight & Body Comp.	↓ 2% reduction in waist circumference¹⁰ ↓ Significantly lower body weight vs. control¹¹
Quality of Life	↑ 18% increase in positive feelings ¹²
Incretin Response	↑ 41% higher GLP-1 levels in a preclinical study ¹³



Safety, Quality, and Clinical Confidence

Feel Great is well-tolerated, with no serious adverse events reported in trials. Products are manufactured in GMP-certified facilities and undergo rigorous third-party testing. For additional validation, key products, including Unimate and Balance, are listed in the Prescribers' Digital Reference (PDR), a trusted resource for healthcare professionals.



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This product is not intended to diagnose, treat, cure, or prevent any disease.