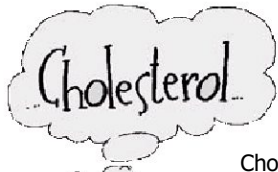
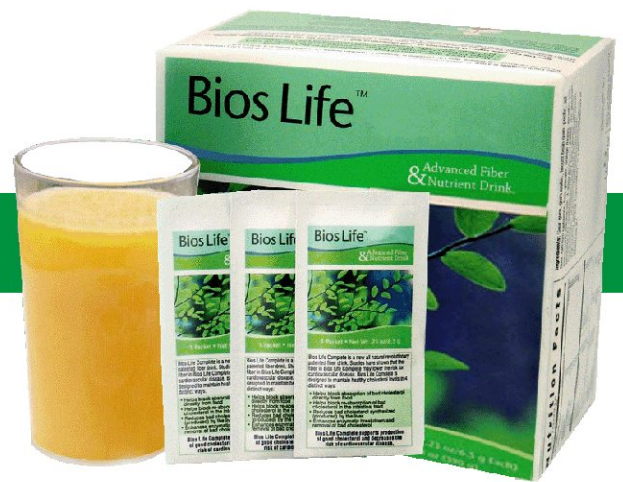


Bios Life™

Manages Cholesterol Levels...naturally



WHAT IS CHOLESTEROL?

Cholesterol is a waxy substance found in the bloodstream and in all your body's cells. It's an important part of a healthy body because it's used to build new cells, insulate nerves, and produce hormones.

Your liver makes cholesterol for your body, and you also get cholesterol from the food you eat. If you eat foods high in fat, or if your liver produces too much cholesterol, your cholesterol can reach an unhealthy level.



WHY MANAGE CHOLESTEROL? • As a general rule, the higher the level of cholesterol in your body, the higher the risk you have of developing cardiovascular disease.

CHOLESTEROL: BAD VS. GOOD



Low Density Lipoprotein (LDL)

- Also known as **"bad cholesterol"**
- Too much can slowly build up in the walls of the arteries that flow to the heart and brain. This buildup hardens and becomes plaque, increasing risk of cardiovascular disease



High Density Lipoprotein (HDL)

- Also known as **"good cholesterol"**
- Usually collects the bad cholesterol and takes it back to the liver. Recent clinical studies show that high levels reduce risk of cardiovascular disease

Triglyceride

- High triglyceride levels are usually associated with a low level of "good cholesterol" or HDL.

- High triglycerides also make the blood more likely to clot.

ASSESSING CARDIAC RISK

Major modified risk factors

- Abnormal blood lipids (high blood cholesterol)
- Diabetes mellitus
- Tobacco use
- High blood pressure
- Obesity
- Unhealthy diets
- Physical inactivity

Non-modified risk factors

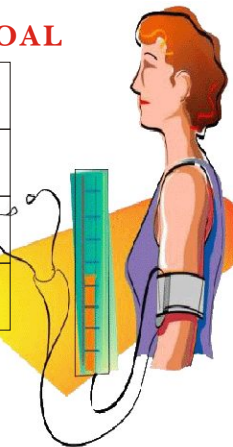
- Advancing age (M-45 & F-55)
- Hereditary or family history
- Gender
- Ethnicity or race

ESTABLISHING A TREATMENT GOAL

Number of Risk Factors	Target LDL	Target Total Cholesterol
No CAD and 0 or 1 risk factor (other than diabetes)	<160 mg/dL	<240 mg/dL
No CAD and 2 or more risks factor (other than diabetes)	<130 mg/dL	<200 mg/dL
Established CAD or diabetes	<100 mg/dL	<160 mg/dL

Note: HDL should be not less than 60 mg/dL

Treatment goals recommended by the National Cholesterol Education Program and the American Diabetic Association



WHAT ARE THE HEALTHY LEVELS OF CHOLESTEROL?

A sample of blood is analyzed to determine the total cholesterol level (TC), the level of LDL cholesterol, the level of HDL cholesterol, the level of triglycerides, and the ratio of TC to HDL. Levels are measured in milligrams per deciliter (1/10 of a liter) of blood or mg/dL.

Classification	Total Cholesterol (mg/dL)	LDL Cholesterol (mg/dL)	HDL Cholesterol (mg/dL)	Triglycerides (mg/dL)
Desirable	<200	<130	≥60	<200
Borderline	200-239	130-159	35-59	200-399
High	≥240	>160	-	≥400
Low	-	-	<35	-

Note: The ratio of total cholesterol to HDL is important, the smaller the number, the better. Desirable ratio of TC to HDL is 3.3.

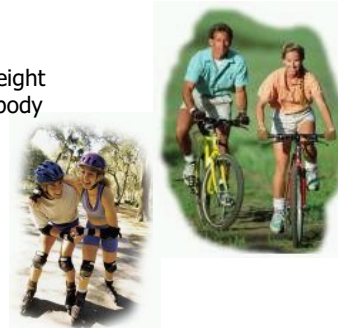
WHO, Technical Report #727, 1985, NCEP Report, 1998

ACHIEVING HEALTHY CHOLESTEROL LEVELS

- Dietary changes
 - › Eat high **fiber foods**
 - › Choosing food with added **plant sterols**
 - › Reduce saturated fat, dietary cholesterol, trans - fatty acid
 - › Choose unsaturated fats (olive, canola, soy oil)
 - › Eat foods high in folic acid & vitamin E
 - › Drink adequate water daily-hydrate your body
 - › Alpha - linolenic acid and omega-3-fatty acids



- Achieve or maintain a healthy weight
- Be physically active - walk your body Exercise lowers triglycerides & increases HDL levels
- Quit or stop smoking - smoking lowers HDL levels



Bios Life™

Manages Cholesterol Levels...naturally

Bios Life FIBER & NUTRIENT DRINK

Bios Life is a new all natural patented fiber drink that delivers the following active ingredients for a healthy cholesterol level:

- Fiber - fibers, in particular of soluble kind are well known to reduce LDL cholesterol.
- Phytosterols - scientific evidence demonstrates that a total daily intake of 1.3 g may reduce the risk of heart disease.
- Policosanol - natural ingredient derived from sugar cane that has shown clinical efficacy in maintaining healthy cholesterol levels.
- Chrysanthemum morifolium extract-linked by internal research to enhancement of cholesterol metabolism.

Bios Life FOR COMPLETE CHOLESTEROL CARE MANAGEMENT

- Clinically proven to lower LDL cholesterol levels.
- Clinically proven to increase HDL cholesterol levels.
- Natural and safe.
- Listed in Physician's Desk Reference.

Bios Life CLINICAL STUDY

In a recent study, Bios Life was proven to lower LDL cholesterol for participants with high LDL levels by 31%. Some participants reported decreases up to 52%. Overall reductions, including participants with fair or better LDL levels averaged over 20%.

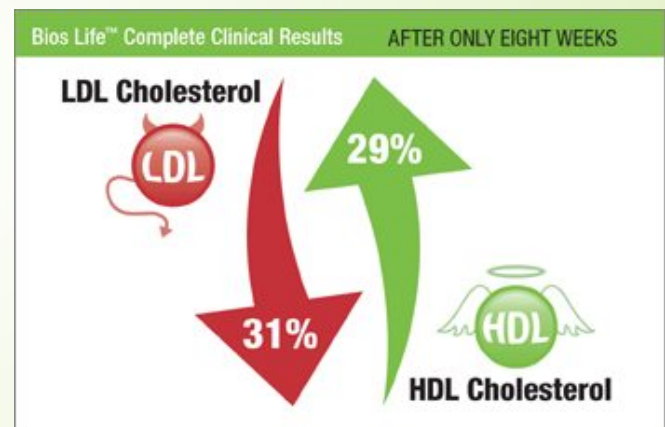
The average increase of HDL cholesterol in those participants with low HDL levels was 29%, with some achieving increases up to 85%! Overall increases for those with normal HDL levels were 25%.

DIRECTIONS

For best result take approximately 5 to 10 minutes before a main meal. Mix one packet into 8-10 ounces of water, juice or comparable beverages. Stir vigorously (use of shaker cup is recommended). Drink immediately. Additional liquid may be consumed. If not taken before meal, may be taken after meal or any other time. Once your system has adjusted, use as directed above up to 3 times daily.


Note: if your current diet is low in fiber, you may wish to introduce this product gradually by using ½ packet or 3 g per serving. To avoid impeding absorption, it is recommended that any medication be taken at least one hour before, or four hours after using Bios Life.

Caution: If diabetic, consult a physician before use of this product, which contain chromium. Taking this product without enough liquid can result in choking. Do not take if you have difficulty swallowing.



ACHIEVING DESIRED RESULT

Studies to lower cholesterol have a typical duration of 12 weeks or longer. It is recommended to take two to three packets of Bios Life per day for 12 weeks or more to achieve desired result.

 **UNICITY PHILIPPINES, INC.**
Make Life Better

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