



## YOUNG LIVING CANADA SUGGESTED PRODUCT CLAIMS FOR NATURAL HEALTH PRODUCTS

We want to help people enjoy lives filled with wellness—which includes the safe use of Young Living's natural health products—so it's important to discuss our products according to their labels and designations. The following are product claims, descriptions, and tips for you to use when describing some of our best-loved NHP essential oils, blends, and supplements. It's critical that everyone share Young Living products in accordance with the specific usage instructions for their specific market.

### ESSENTIAL OILS

Developed from more than 25 years of research and experience, Young Living's proprietary Seed to Seal® quality commitment ensures that our essential oils are the of the highest quality available. Our dedication to purity is what makes our essential oils stand apart from the rest.

#### Angelica™

NPN 80067682—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

#### Basil

NPN 80067651—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

#### Bergamot

NPN 80067722—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To relieve minor skin irritation/cuts/bruises/burns
- For symptomatic relief of eczema/dermatitis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

#### Black Pepper

NPN 80067648—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

#### Cardamom

NPN 80067639—Topical/Aromatic

Used in aromatherapy:

- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

#### Carrot Seed

NPN 80073827—Topical

Used in aromatherapy:

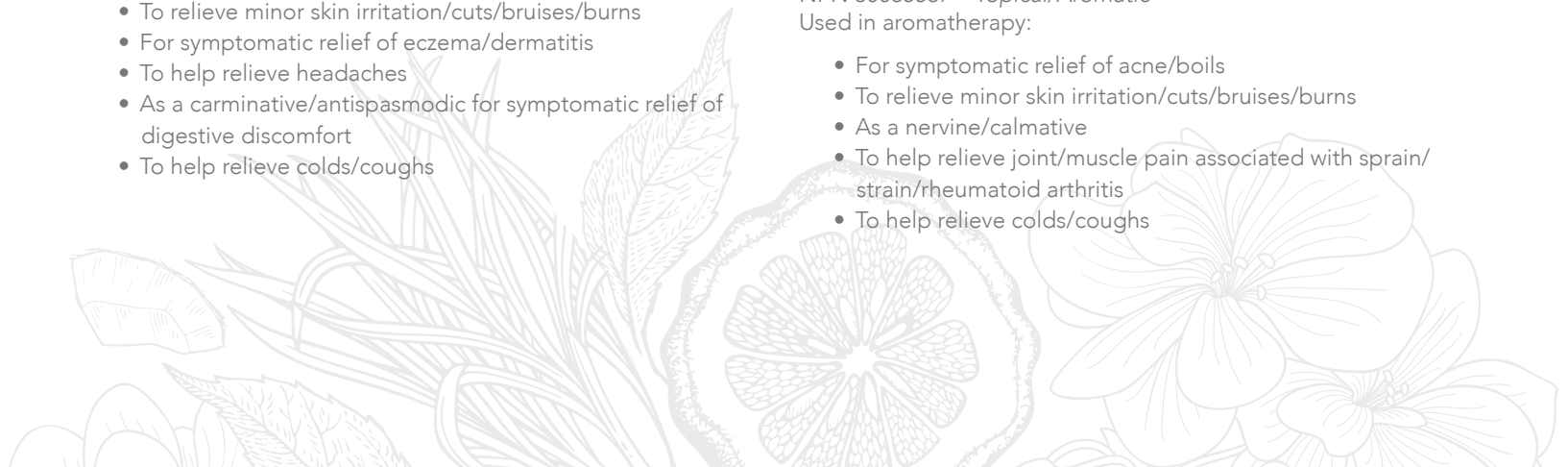
- For symptomatic relief of eczema/dermatitis
- For symptomatic relief of acne/boils

#### Cedarwood

NPN 80065567—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve colds/coughs



### Celery Seed

NPN 80067635—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis

### Citronella

NPN 80065536—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Clary Sage

NPN 80067674—Topical/Aromatic

Used in aromatherapy:

- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Clove

NPN 80065559—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve colds/coughs

### Cypress

NPN 80067635—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve colds/coughs

### Eucalyptus Globulus

NPN 80067628—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- To help relieve colds/coughs

### Eucalyptus Radiata

NPN 80067630—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- To help relieve colds/coughs

### Fennel

NPN 80067631—Topical/Aromatic

Used in aromatherapy:

- To relieve minor skin irritation/cuts/bruises/burns
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- used in aromatherapy to help relieve colds/coughs

### Geranium

NPN 80065575—Topical/Aromatic

Used in aromatherapy:

- Used in aromatherapy to help relieve colds/coughs

### German Chamomile

NPN 80067673—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Ginger

NPN 80067668—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Grapefruit

NPN 80065572—Topical/Aromatic

Used in aromatherapy:

- Used in aromatherapy as a nervine/calmative

### Helichrysum

NPN 80065664—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To relieve minor skin irritation/cuts/bruises/burns
- For symptomatic relief of eczema/dermatitis
- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Jade Lemon

NPN 80065568—Topical/Aromatic

Used in aromatherapy:

- Used in aromatherapy to help relieve colds/coughs



### Jasmine

NPN 80070470—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- To help relieve colds/coughs

### Laurus Nobilis

NPN 80067653—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- To help relieve colds/coughs

### Lavender

NPN 80065571—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Lemon

NPN 80065562—Topical/Aromatic

- Used in aromatherapy to help relieve colds/coughs

### Lemongrass

NPN 80065576—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Lime

NPN 80065534—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve colds/coughs

### Marjoram

NPN 80065556—Topical/Aromatic

Used in aromatherapy:

- To relieve minor skin irritation/cuts/bruises/burns
- For symptomatic relief of eczema/dermatitis
- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Melissa

NPN 80068696—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Myrtle

NPN 80067658—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To help relieve colds/coughs

### Neroli

NPN 80067724—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Nutmeg

NPN 80067716—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Orange

NPN 80065553—Topical/Aromatic

Used in aromatherapy:

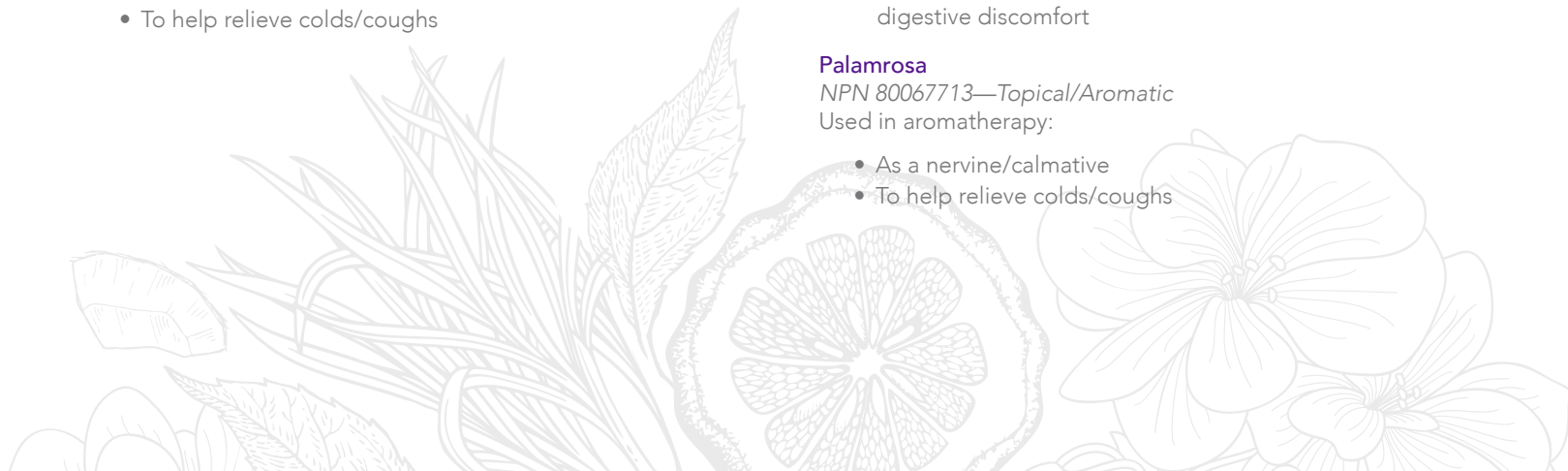
- As a nervine/calmative
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Palamrosa

NPN 80067713—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve colds/coughs



### Patchouli

NPN 80067709—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Peppermint

NPN 80065543—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Pine

NPN 80067697—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve colds/coughs

### Roman Chamomile

NPN 80067701—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort

### Rose

NPN 80067689—Topical/Aromatic

Used in aromatherapy:

- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- To help relieve headaches
- To help relieve colds/coughs

### Rosemary

NPN 80067680—Topical/Aromatic

Used in aromatherapy:

- To relieve minor skin irritation/cuts/bruises/burns
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Sacred Frankincense

NPN 80065537—Topical/Aromatic

Used in aromatherapy:

- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- To help relieve colds/coughs

### Sacred Sandalwood

NPN 80076684—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Sage

NPN 80067718—Topical/Aromatic

Used in aromatherapy:

- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Spearmint

NPN 80067703—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Tea Tree

NPN 80065545—Topical/Aromatic

- Used in aromatherapy to help relieve colds/coughs

### Thyme

NPN 80065547—Topical/Aromatic

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To relieve minor skin irritation/cuts/bruises/burns
- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve colds/coughs

### Vetiver

NPN 80067706—Topical

Used in aromatherapy:

- For symptomatic relief of acne/boils
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis

### Wintergreen

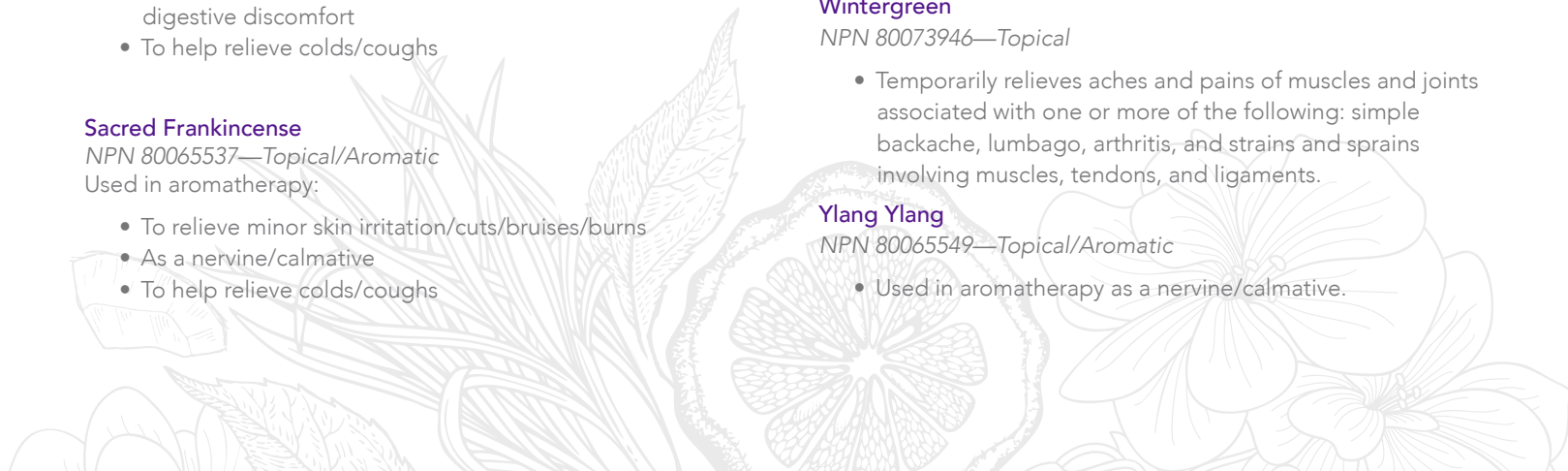
NPN 80073946—Topical

- Temporarily relieves aches and pains of muscles and joints associated with one or more of the following: simple backache, lumbago, arthritis, and strains and sprains involving muscles, tendons, and ligaments.

### Ylang Ylang

NPN 80065549—Topical/Aromatic

- Used in aromatherapy as a nervine/calmative.



## ESSENTIAL OIL BLENDS

When essential oils work in harmony, the combined effect can be transformative. Carefully formulated and rigorously tested, these synergistic blends are made to complement every part of your day.

### AromaEase™

NPN 80071600—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Aroma Siez™

NPN 80071604—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve headaches
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Cool Azul™

NPN 80074465—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
  - To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Deep Relief™

NPN 80072244—Topical/Aromatic

Used in aromatherapy:

- As a nervine/calmative
- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### DiGize™

NPN 80073899—Topical/Aromatic

- Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

### Ortho Ease™

NPN 80074719—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- As a nervine/calmative

### Peace & Calming®

NPN 80073883—Topical/Aromatic

- Used in aromatherapy as a nervine/calmative/sedative

### R.C.™

NPN 80072731—Topical/Aromatic

- Used in aromatherapy to help relieve colds/coughs

### Relieve It™

NPN 80072733—Topical/Aromatic

Used in aromatherapy:

- To help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis
- To help relieve headache
- As a carminative/antispasmodic for symptomatic relief of digestive discomfort
- To help relieve colds/coughs

### Stress Away™

NPN 80072736—Aromatic

- Used in aromatherapy as a nervine/calmative

### Thieves®

NPN 80072732—Topical/Aromatic

- Used in aromatherapy to help relieve colds/coughs





## NUTRITIONAL PRODUCTS

You work hard to eat a healthy diet and get regular exercise, and we strive to deliver the products that help you get the most from your hard work. We're putting the power of complete wellness into your hands with a carefully crafted line of supplements and product solutions designed to support a balanced, healthy life.

### **Alkalime™**

NPN 80083096—Dietary

Used:

- To relieve heartburn, upset stomach, or sour stomach associated with excess stomach acid, hyperacidity, or acid indigestion
- To neutralize excess stomach acid
- As an antacid

### **ComforCleanse™**

NPN 80074731—Dietary

- Cascara sagrada, a main ingredient of ComforCleanse, is traditionally used in herbal medicine as a stimulant laxative.

Used:

- In herbal medicine for the short-term relief of occasional constipation
- In herbal medicine to promote bowel movement by direct action on the large intestine
- As a source of antioxidant(s)/to provide antioxidant(s)
- As a source of antioxidants that helps fight and protect cells against the oxidative damage caused by free radicals

### **Essentialzymes-4™**

NPN 80075325—Dietary

**Immediate Release Capsule**

Used:

- As a factor in the maintenance of good health
- To help to maintain the body's ability to metabolize nutrients
- To help in tissue formation
- To help to prevent riboflavin deficiency
- As a digestive enzyme

**Delayed-Release Capsule**

Used:

- As a digestive enzyme

### **ICP™**

NPN 80074486—Dietary

Used:

- In herbal medicine as a bulk-forming laxative
- In herbal medicine to promote bowel movements by increasing bulk volume and water content
- In herbal medicine to provide gentle relief of constipation and/or irregularity
- As a source of antioxidant(s)/to provide antioxidant(s)
- As a source of antioxidants that helps fight and protect cells against the oxidative damage caused by free radicals
- To provide antioxidants for the maintenance of good health
- As a source of essential fatty acids for the maintenance of good health
- As a source of omega-3 fatty acids for the maintenance of good health
- As a source of alpha-linolenic acid (ALA) for the maintenance of good health
- As a digestive aid
- As a digestive enzyme
- To help digest proteins

### **Life 9™**

NPN 80071892—Dietary

Used:

- As a source of probiotics
- To help support intestinal/gastrointestinal health
- To promote a favorable gut flora



### Master Formula™

NPN 80074771—Dietary

Adequate calcium and vitamin D throughout life, as part of healthy diet and exercise habits, may help prevent bone loss/the risk of developing osteoporosis in peri- and postmenopausal women in later life.

Used:

- As a multivitamin and multimineral supplement
- As a source of vitamins and minerals, a factor in the maintenance of good health
- As a source of vitamins and minerals, a factor in normal growth and development
- As a source of vitamins and minerals to support biological functions which play a key role in the maintenance of good health
- To help form red blood cells and assist in their proper function
- To help reduce tiredness and fatigue caused by iron deficiency anemia
- To help maintain normal iron transport in the body
- To help energy metabolism and tissue formation
- To help energy metabolism of the body
- To help the normal function of the immune system
- To help maintain immune function
- To help maintain healthy bones, hair, nail, mucous membranes, and/or skin
- To help maintain cognitive functions
- To help the development and maintenance of bones, cartilage, gums, and teeth
- To help maintain proper muscle formation, including the heart muscle
- To help in bone development
- As a source of/an electrolyte for the maintenance of good health
- To help maintain normal electrolyte balance
- To help connective tissue formation
- To help produce and repair connective tissue
- To help maintain normal DNA synthesis
- To help maintain normal acid-base metabolism
- To help maintain normal function of the thyroid gland
- As a source of antioxidants for the maintenance of good health
- As a source of antioxidants that help protect against oxidative stress
- As a source of antioxidants that helps fight and protect cells against the oxidative damage caused by free radicals
- To provide support for healthy glucose metabolism
- To help maintain healthy blood glucose levels
- To help in wound healing
- To help maintain the body's ability to metabolize nutrients
- To help support liver function
- To help in the absorption and use of calcium and phosphorus
- To help prevent Biotin, Zinc, Selenium, Vitamin D3, and chromium deficiencies

### MultiGreens™

NPN 80074218—Dietary

Used:

- To help support liver function
- As a factor in the maintenance of good health
- As a source of/to provide antioxidants
- As a source of antioxidants that helps fight and protect cells against the oxidative damage caused by free radicals
- As a workout supplement
- As a source of amino acids involved in muscle protein synthesis

### Omegagize<sup>3</sup>™

NPN 80073813—Dietary

- CoQ10, an ingredient in Omegagize<sup>3</sup>, helps maintain and/or support cardiovascular health.
- Vitamin D, an ingredient in Omegagize<sup>3</sup>:
  - Is a factor in the maintenance of good health
  - Helps in the development and maintenance of bones
  - Helps in the development and maintenance of teeth
  - Helps in the absorption and use of calcium
  - Helps in the absorption and use of phosphorus
- Calcium intake, when combined with sufficient Vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

Used:

- As a source of Omega-3 fatty acids for the maintenance of good health
- To help support cognitive health and/or brain function
- To help prevent vitamin D deficiency

### Prostate Health™

NPN 80079323—Dietary

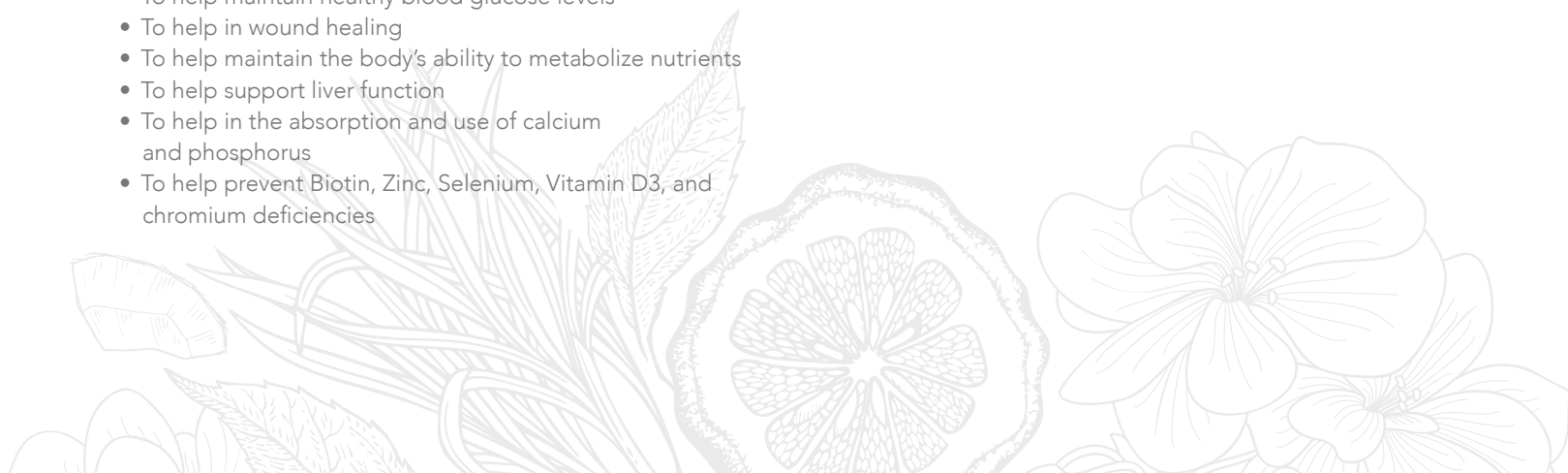
- Used in herbal medicine to help relieve the urologic symptoms such as weak urine flow, incomplete voiding, and frequent daytime and nighttime urination associated with mild to moderate benign prostatic hyperplasia.

### Sulfurzyme™

NPN 80068794—Dietary

Used:

- To help relieve joint pain associated with osteoarthritis
- To help relieve the pain associated with osteoarthritis of the knee
- As a source of antioxidant(s)/to provide antioxidant(s)
- As a source of antioxidants that helps fight and protect cells against the oxidative damage caused by free radicals



### Super B™

NPN 80071489—Dietary

- Adequate calcium and vitamin D throughout life, as part of a healthy diet, along with physical activity, may help prevent bone loss/the risk of developing osteoporosis in peri- and postmenopausal women in later life.

Used:

- As a source of vitamins and minerals, factors in the maintenance of good health
- As a source of vitamins and minerals, factors in normal growth and development
- Used as a multi-vitamin and multi-mineral supplement
- To help maintain healthy hair, nails, mucous membranes, and skin
- To help maintain cognitive functions
- To help prevent biotin deficiency
- To help maintain the body's ability to metabolize nutrients
- To help form red blood cells
- To help prevent folate deficiency
- To help energy metabolism and tissue formation
- To help prevent vitamin B3 deficiency
- To help prevent pantothenic acid deficiency
- To help maintain normal red blood cells
- To help maintain normal metabolism of iron and to help prevent riboflavin deficiency
- To help energy production
- To help prevent thiamine deficiency
- To help prevent vitamin B6 deficiency
- To help the normal function of the immune system
- To help prevent vitamin B12 deficiency
- To help the development and maintenance of bones
- As a source of selenium, an antioxidant for the maintenance of good health
- As a source of selenium, an antioxidant that helps protect against oxidative stress
- As a source of antioxidants that helps fight and protect cells against the oxidative damage caused by free radicals
- To help maintain normal function of the thyroid gland
- To help connective tissue formation
- To help maintain normal DNA synthesis
- To help maintain normal acid-base metabolism
- As a source of/an electrolyte for the maintenance of good health
- To help maintain normal muscle function
- To help the process of normal regulation of cell division and specialization

### Super C™

NPN 80074469—Dietary

Used:

- As a source of vitamins and minerals, factors in the maintenance of good health
- As a source of vitamins and minerals, factors in normal growth and development
- To help development and maintenance of bones, cartilage, teeth, and gums
- To help connective tissue formation
- To help wound healing
- As a source of vitamin C, an antioxidant that helps to reduce free radicals and lipid oxidation in body tissues
- As a source of vitamin C, an antioxidant that helps fight and protect cells against the oxidative damage caused by free radicals
- To help collagen formation to maintain healthy bones, cartilage, teeth, and gums
- To help maintain immune function
- To help prevent vitamin C deficiency
- To help maintain the body's ability to metabolize nutrients
- To help maintain healthy skin
- To help energy metabolism and tissue formation
- To help maintain normal DNA synthesis
- To help maintain normal acid-base metabolism
- To help maintain healthy bones, hair, nails, and skin
- To help the development and maintenance of bones and teeth, especially in young adulthood
- As a source of calcium, an electrolyte for the maintenance of good health
- To help maintain normal muscle function
- To help the process of normal regulation of cell division and specialization
- To provide antioxidants

## SEEDLINGS™

Young Living Seedlings™ is designed to make it simple for parents to find pure, gentle products infused with baby-safe essential oils to care for their littlest, most vulnerable family members.

### Seedlings™ Diaper Rash Cream

NPN 80082306—Topical

Used:

- To help prevent diaper rash
- To protect chafed skin or minor skin irritation due to diaper rash
- To help protect from wetness that causes diaper rash
- To temporarily help relieve minor skin irritation due to diaper rash
- To help treat diaper rash

