



NINGXIA RED RESET 90-Day Programme

Holistic
Wellness
Community

NXR Reset
Guidance

Prizes
& Gifts

JANUARY 1 – MARCH 31, 2025

FREQUENTLY ASKED QUESTIONS (FAQs)

Q1: Is the NingXia Red Reset campaign and 90-Day Programme a challenge or contest?

A1: NingXia Red Reset (NXR Reset) is a campaign with a 90-Day Programme that involves a daily recommended regimen of NingXia Red consumption, water intake, dietary suggestions, and exercise. It is aimed at resetting your wellness holistically with healthy lifestyle practices to support long-term optimal health. NXR Reset may be done for 14 days, 30 days, 60 days, or for a deep reboot of the body's systems, done for 90 days.

Q2: How do I go about doing a 90-day NingXia Red Reset?

A2: Guidance on how to do a 90-day NingXia Red Reset will be provided in the NXR Reset 90-Day Guide. The Guide provides recommended consumption of NingXia Red for 30 days repeated for three cycles with suggested step-ups to elevate foundation wellness and targeting specific health support through dietary supplementation. The Guide also provides healthy lifestyle practices, suggested foods, exercise regimens, etc. to follow in conjunction with NingXia Red consumption.

If you are pregnant, nursing, taking medication, or have a medical condition, please consult a health care professional prior to starting the Programme.

Q3: Has NingXia Red Reset been shown to work?

A3: NingXia Red provides a powerful dose of antioxidants and natural food-based nutrients. Antioxidants and good nutrition have been scientifically verified as the front lines of defence for long-term optimal health. NingXia Red consumption over a sustained period of time has been shown in a clinical study conducted by Franklin Health Research Center (an independent third-party research and education establishment) to positively support energy levels, restfulness, respiratory system, stress management and mental well-being. Testimonials from users who have gone through the NXR Reset programme have also reported positive effects for weight management, skin health, eye health and many more. Individual results may vary depending on genetics and lifestyle choices.

Clinical Study: [Effects of antioxidant supplement on immune health and physical wellbeing: A randomized, controlled trial](#)

Q4: How do I take part in the NXR Reset 90-Day Programme?

A4: The NXR Reset 90-Day Programme is open to all Young Living Singapore (YLSG) Brand Partners who are on Essential Rewards.

For non-Brand Partners, you can become a Brand Partner by purchasing the NingXia Red Reset Bundle (Item No.: 4893515) under Essential Rewards and enjoy 19.6% savings on the bundle. Essential Rewards members also have access to exclusive promotions and are eligible for loyalty gifts. Find out more about Essential Rewards and join to unlock its benefits here – https://www.youngliving.com/en_sg/ER

To “join” the NXR Reset 90-Day Programme, there is no need to register or opt-in. To be included in the Programme, simply purchase the NingXia Red Reset Bundle (Item No.: 4893515) within the qualification period of January 1 to March 31, 2025. To qualify for the FREE premium ceramic-coated thermal hydration bottle (worth S\$55), you would need to purchase the NingXia Red Reset Bundle (Item No.: 4893515) for three (3) consecutive months and your first purchase must be within the qualification period of January 1 to March 31, 2025.

If your first purchase of the bundle is in January 2025, you need to purchase the bundle again in February and March 2025 to be considered that you are in the 90-Day Programme and eligible to receive the FREE premium hydration bottle.

If your first purchase of the bundle is in March 2025, you need to purchase the bundle again in April and May 2025 to receive the FREE premium hydration bottle.

If your first purchase of the bundle is in April 2025, you are NOT eligible to be part of the 90-day programme and enjoy its benefits.

Q5: What are the benefits and rewards of being included in the NXR Reset 90-Day Programme

A5: By purchasing the NingXia Red Reset Bundle for three (3) consecutive months to support your 90-day NingXia Red consumption regimen, you can:

1. Be part of a holistic wellness community to motivate one another towards better health.
2. Acquire wellness knowledge and advice through education classes on NingXia Red Reset as well as other wellness-related topics. Refer to our monthly Training Calendar for the special classes. Spots are limited and registration required.
3. Join exclusive community activities such as in-person fitness classes and adventure hikes. Refer to our monthly Training Calendar for the exclusive activities. Spots are limited and registration required.
4. Receive a FREE ceramic-coated thermal hydration bottle (worth: S\$55)*.
5. Get a lucky draw chance and stand to win Young Living Singapore S\$200 eVoucher*.

** Eligibility is evaluated at the end of three (3) consecutive months' purchases of NingXia Red Reset Bundle (Item No.: 4893515) on Essential Rewards with first purchase made within January 1 to March 31, 2025. Terms and conditions apply.*

Q6. What if I only purchased NingXia Red Reset Bundle (Item No.: 4893515) once or twice or I did not purchase for three consecutive months?

A6: If you purchased a NingXia Red Reset Bundle during the qualifying period of January 1 to March 31, 2025, you are eligible to join education classes and community activities in the month of the purchase provided that your purchase is before the closing date of registering for these classes or activities. Hence, it is recommended that you purchase the bundle at the beginning of each month.

If you have made three purchases but they are not in consecutive months, you can join classes and activities as stated above but you will NOT be eligible for the free ceramic-coated hydration bottle and lucky draw.

Q7. Why do I need to purchase NingXia Red Reset Bundle (Item No.: 4893515) and not other NingXia Red products, sets or bundles to qualify for the NXR Reset 90-Day Programme?

A7: The NingXia Red Reset Bundle consists of 4 bottles and 30 sachets of NingXia Red. The number of products will be sufficient for a 30-day consumption regimen stated in the NXR Reset 90-Day Guide. The combination of bottles and sachets also provides the flexibility of drinking NingXia Red at home, in the office, or while travelling to meet the regimen's consumption requirement.

The NingXia Red Reset Bundle offers the best savings at almost 20% off compared to purchasing the products individually or in other sets or bundles.

Q8. What if I purchased the NingXia Red Reset Bundle (Item No.: 4893515) but do not wish to be a part of the NingXia Red Reset Campaign or 90-Day Programme?

A8: If you purchased the NingXia Red Reset Bundle but do not wish to be included in the Programme and enjoy the benefits, please opt-out by emailing custservsingapore@youngliving.com with the following information:

1. Email Subject Title: NXR Reset Campaign Opt-Out
2. YL Brand Partner No.:
3. Full Name:
4. Email Address (registered with YLSG):