



YOUNG LIVING SINGAPORE



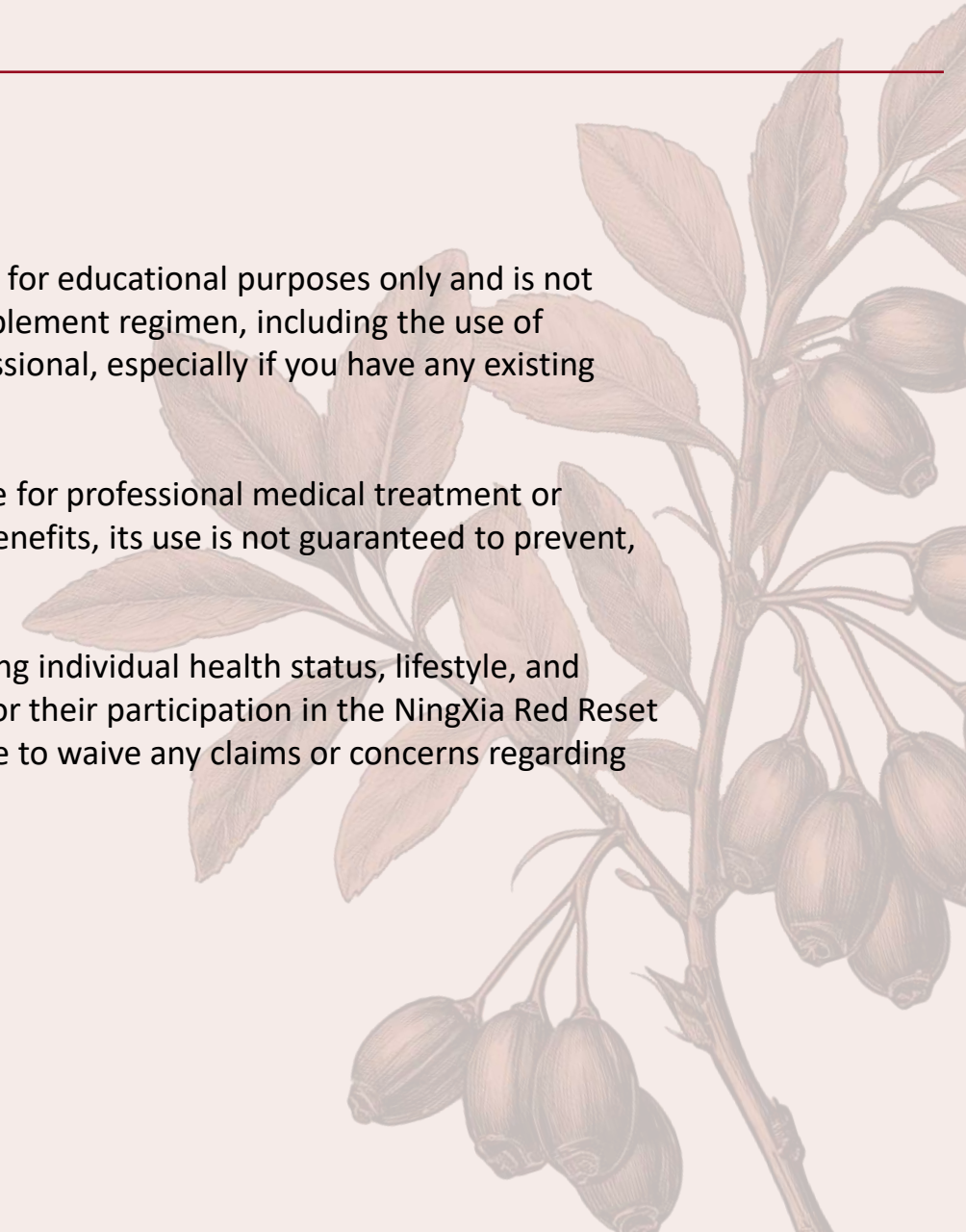
NINGXIA RED RESET 90-DAY GUIDE

DISCLAIMER

The information provided in this Guide using Young Living NingXia Red is intended for educational purposes only and is not intended as medical advice. Before beginning any new dietary programme or supplement regimen, including the use of NingXia Red, it is strongly recommended that you consult with a healthcare professional, especially if you have any existing health conditions, are pregnant or breastfeeding, or are taking medication.

Individual results may vary, and the programme should not be used as a substitute for professional medical treatment or advice. While NingXia Red is a natural product with a variety of potential health benefits, its use is not guaranteed to prevent, treat, or cure any disease or health condition.

The effectiveness and safety of the programme depend on various factors, including individual health status, lifestyle, and adherence to the recommended guidelines. The user assumes full responsibility for their participation in the NingXia Red Reset Programme, and by proceeding with the programme, they acknowledge and agree to waive any claims or concerns regarding health outcomes as the responsibility of Young Living.



"I don't make a product for a profit. I make it for a purpose."

- D. Gary Young at NingXia Wolfberry Farm & Distillery, China



CONTENTS

Welcome onboard the **NingXia Red Reset (NXR Reset)** programme! You've just taken the first step toward unlocking a new level of wellness and we're thrilled to share with you how you can go about doing the NXR Reset programme in this guide with consumption regimens that start from 14 days to 30 days and up to 90 days.

By committing to NXR Reset, you're not just embracing a healthier lifestyle, but you're also unlocking the power of NingXia Red — a supercharged blend of natural ingredients that will support your body, energy level, and overall wellness holistically. We can't wait to see you thrive through this transformative experience! Get ready to reset, rejuvenate, and feel your best!

1. Why Ningxia Red?
2. Why Do I Need a Reset?
3. NingXia Red Reset Programme
4. From 30 Days Reset to 90 Days
5. NingXia Red Reset 90-Day Checklist

WHY NINGXIA RED?





NINGXIA RED DRINK

The delicious NingXia Red daily beverage includes juices and extracts from polyphenol-rich superfruits such as aronia, plum, blueberry, pomegranate, and—best of all—exotic Ningxia wolfberries. This delicious supplement packs a big daily punch of nutrients, offering benefits that include support for normal eye health and energy levels.

					
Wolfberry puree	Blueberry	Pomegranate	Plum	Aronia	Cherry

ESSENTIAL OIL INFUSED INGREDIENTS

What really sets the NingXia Red beverage apart is its blend of Orange, Tangerine, Lemon, and rare Yuzu premium essential oils. These oils add their own health benefits such as supporting healthy digestion, as well as contributing to NingXia Red’s delicious flavour.*

FEATURES & BENEFITS

- Supports and provides a nutrient infusion for whole-body health and wellness*
- Helps protect against oxidative stress*
- Contains powerful ingredients that are involved in many antioxidant processes*
- Supports normal eye health*
- Supports healthy digestion*
- Clinically Shown to support a healthy inflammation response*
- Clinically shown to support healthy respiratory function*

CERTIFICATIONS



* These statements have not been evaluated by the US Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

NINGXIA RED UNDER THE MICROSCOPE



To ensure that you're not missing any of these transformative superfruit benefits, we use wolfberry puree instead of juice, so the NingXia Red formula includes the goodness of the whole berry, including the skin, juice, and pulp.

In one serving size of NingXia Red drink, you'll find:

- 30g of wolfberries
- 5g of cherries
- 9g of blueberries
- 4g of pomegranate
- 6g of plums
- 5g of aronia berries



Infuses body with powerful antioxidants & nutrients



Supports healthy immunity & general well-being



Improves sleep patterns & time asleep*



Increases energy levels by 34.5%*



Supports normal eye health & vision care*



Reduces stress by 23% & increases time asleep*

** Based on clinical study conducted by Franklin Health Research Center. These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.*

The NingXia Red® clinical study: DISCOVERING THE SCIENCE BEHIND THIS UNIQUE SUPERFRUIT DRINK

The trial's findings demonstrated the NingXia Red formula's ability to support physical performance and reduce limitations. Those who consumed the NingXia Red beverage managed routine tasks such as climbing stairs and shopping for groceries.*

Supplementation with the NingXia Red drink supports immune health and helps maintain a healthy and strong respiratory system.*

READ MORE AT:

<https://www.youngliving.com/us/en/company/media/announcements/young-living-ningxia-red-study-found-to-improve-sleep-stress-and-physical-health>

A close-up photograph of a person's hand holding a small branch with green leaves and orange berries. The hand is also holding a large quantity of orange berries in the palm. The background is a blurred red surface.

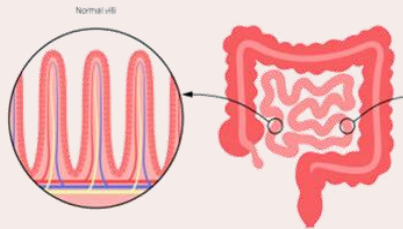
Give your family the best of you.
Not what's left of you.

A faded, sepia-toned botanical illustration of a branch with several leaves and clusters of small, round berries. The illustration is positioned on the left and right sides of the page, framing the central text. The leaves are elongated and pointed, while the berries are small and clustered together.

**WHY DO I NEED
A RESET?**

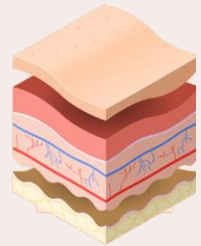
HOW LONG DO PARTS OF YOUR BODY TAKE TO RESET?

The renewal and regeneration of cells are vital processes for overall health and well-being, they are profoundly influenced by lifestyle and dietary habits. A diet rich in essential nutrients, antioxidants, and anti-inflammatory compounds, combined with adequate hydration, regular exercise, good quality sleep, and stress management can support healthy cellular repair and regeneration.



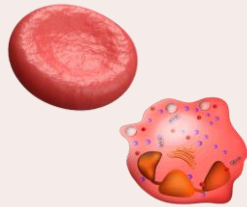
1. Gut Lining (5 – 7 days)

Replaced frequently due to their exposure to digestive acids and enzymes



2. Skin (28 – 30 days)

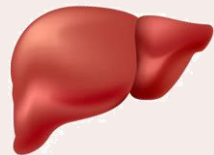
Outer skin layers shed and renew, new cells created in basal layer



3. Blood Cells (Every 120 days)

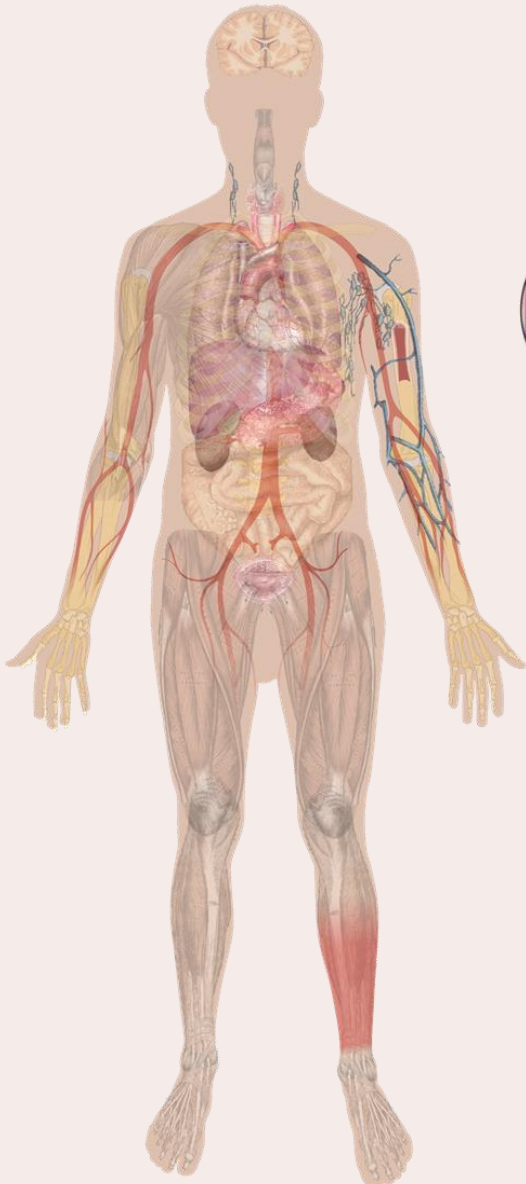
Red Blood Cells: By 90 days, a significant portion of the red blood cells are renewed

White Blood Cells: Days to weeks, have a short lifespan and are constantly produced in the bone marrow



4. Liver (150-500 days)

Incredible ability to regenerate to help maintain liver function and detoxification processes



NINGXIA RED RESET PROGRAMME



30-DAY 4-STEP NINGXIA RED RESET PROGRAMME REGIMEN

NingXia Red Reset is a programme with a structured way of drinking **NingXia Red** combined with **healthy eating**, **hydration** and **exercise** to “reset” the body system to maximise and support overall wellness holistically. It can be done for 14 / 21 / 30 / 60 / 90 days can consists of a regimen of drinking NingXia Red, drinking 2L of water daily, eating healthy, and exercising.

STEP 1

DAILY NINGXIA RED DRINKING REGIMEN

Day 1 – 3: Drink 360ml daily

Day 4 – 14: Drink 180ml daily

Day 15 – 28: Drink 120ml daily

Day 29 – 30: Drink 60ml any day



STEP 2

DAILY HYDRATION

Every Day Drink at least 2 litres of plain water (not inclusive of teas, coffees and soups)



Drink 2L of water daily

STEP 3

WEEKLY DIET

5 Days Low carb, high protein and high fibre meals

2 Days Cheat days

You may choose any 2 days within the week to be cheat days.



STEP 4

WEEKLY FITNESS

2 Days Cardio Exercises (walking, jogging, swimming, cycling, etc)

2 Days Weight Training (weight-lifting, body weight exercises, etc)

1 Day Stretching (yoga, Pilates, mobility stretches, etc)

2 Days Rest (recommended to rest 1 day after 2 or 3 days' of exercise)



STEP 1: DAILY NINGXIA RED DRINKING REGIMEN

To start your NingXia Red Reset programme, ensure you have enough of the products ready to support your desired length of the reset drinking regimen. We recommend getting the NingXia Red Reset Bundle (Item No.: 4893515) that supports a 30-day drinking regimen. The bundle is available via Loyalty Rewards (formerly known as Essential Rewards) and offers almost 20% in savings!

4893515 NingXia Red Reset Bundle

WS: S\$339.89 | RT: S\$447.23 | 195PV

U.P: S\$422.75 | **SAVE: 19.6%**

** Available on Loyalty Rewards only. Consists of
2 X NXR 2-pack + NXR Singles 30-count*



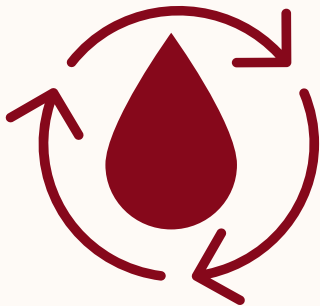
STEP 2: DAILY HYDRATION



By staying properly hydrated, you help your body cleanse more effectively, support fat burning, and ensure that all systems function optimally during your reset period. So, make water a priority, drink consistently throughout the day, and be mindful of your body's hydration signals.

Every day, aim to drink at least 2 litres of plain water (not inclusive of teas coffees, and soups)

BENEFITS OF HYDRATION



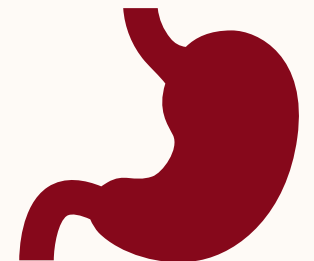
Supports Detoxification Process

Helps the body eliminate built-up waste products, toxins, and by-products from metabolic processes



Supports Metabolic System

Adequate hydration helps maintain optimal metabolic function and processes



Promotes Healthy Bowel Movements -

Water is essential for digestion and helps move food through the digestive tract

STEP 3: WEEKLY DIET (EAT CLEAN & HEALTHY)



By eating right and healthy during NingXia Red Reset programme, you're empowering your body to naturally eliminate toxins, restore balance, and function at its optimal level, ultimately leading to better overall health and well-being.

EATING THE RIGHT PORTION

Creating a healthy, balanced meal doesn't have to be complicated. Try eating a variety of food groups and colors at each meal and aim to fill half your plate with vegetables, a quarter of your plate with lean protein, and a quarter of your plate with grains.



STEP 3: WEEKLY DIET (EAT CLEAN & HEALTHY)

EATING CLEAN WITH THE RIGHT FOODS



AVOID SIMPLE CARBS & UNHEALTHY FOODS

- **RICE:** White rice, briyani, sushi rice, porridge, etc
- **NOODLES:** Yellow noodle, ban mee, egg noodle, kway teow, meepok, thick bee hoon, rice sheets, etc
- **PASTAS:** Spaghetti, macaroni, fusilli, penne, etc
- **BREADS:** White bread, buns, breadrolls, roti prata, bao, etc
- **PASTRIES:** Kuehs, cakes, croissant, scones, macaroons, mooncakes, etc
- **JUNK FOODS:** Instant noodles, potato chips, keropok, biscuits, gummy bears, sweets, chocolates, etc
- **FRIED FOODS:** Fried chicken, fried oyster omelette, ngor hiang jee, chai tow kway, fish & chips, etc
- **PROCESSED MEATS:** Hams, sausages, smoked meats, bak kwa, dried shrimps, ikan billis, etc
- **SUGARY DRINKS:** Sodas, sweetened coffee, bubble tea, packaged fruit juices, energy drinks, ice kachang, etc



EAT MORE FRESH GREENS & HEALTHY FOODS

- **COMPLEX CARBS:** Brown rice, quinoa, lentils, beans, oats, sweet potato, carrot, beetroot, pumpkin, apple, banana, etc
- **VEGETABLES:** Broccoli, cauliflower, cabbage, spinach, chye sim, kale, bok choy, lady's fingers, cucumber, sweet peas, celery, rocket leaves, lettuce, etc
- **MUSHROOMS:** Shitake, portobello, oyster, button, etc
- **FRUITS:** Avocado, orange, lemon, dragon fruit, mango, cherry, blueberries, blackberries, strawberries, etc
- **PROTEIN (ANIMAL):** Chicken breast, lean beef / mutton / pork, fish, squid, prawn, shellfish, yoghurt, cheese, etc
- **PROTEIN (PLANT):** Tempeh, tofu, soy milk, natto, lentils, beans, chickpeas, almonds, walnuts, Brazil nuts, pumpkin seeds, sunflower seeds, chia seeds, Power Meal, etc
- **DRINKS:** Black coffee, unsweetened tea, green tea, herbal teas, water, lemon water, NingXia Red, Golden Turmeric, etc

STEP 4: WEEKLY FITNESS (CARDIO + STRENGTH + FLEXIBILITY)

BENEFITS OF EXERCISING



Exercising is one of the essential component to incorporate with the NingXia Red Reset programme to amplify its benefits and accelerate results. Exercise supports blood circulation, increases sweat production, stimulates the lymphatic system, and supports the body's natural ability to eliminate toxins and ultimately, enhance overall health and vitality. Target a minimum of 30 minutes exercising duration for each of the exercise type. You may vary the intensity according to your body's condition.

TYPES OF EXERCISES

2 DAYS CARDIO



Cardio exercises elevate your metabolism, which helps burn fat. Since many toxins are stored in fat cells, burning fat during cardio can release and help eliminate these toxins

2 DAYS STRENGTH



Regular resistance training can improve insulin sensitivity, regulate cortisol (the stress hormone), and enhance the function of hormones related to metabolism

1 DAY FLEXIBILITY



Flexibility training improves joint health and muscle flexibility, helping reduce stiffness, increase mobility, and prevent injury.



It is hard before it gets easier.

FROM 30 DAYS RESET TO 90 DAYS



30/60/90-DAY NXR RESET PROGRAMME



For the first 30 days, drink NingXia Red according to the following regimen:

- Day 1 – 3:** Drink 360ml daily
- Day 4 – 14:** Drink 180ml daily
- Day 15 – 28:** Drink 120ml daily
- Day 29 – 30:** Drink 60ml any day

NINGXIA RED



For the next 30 days, build up foundation nutrition with Master Formula, OmegaGize Essential, and Vital Immune Probiotics or Life 9.



**NINGXIA RED
+ FOUNDATION
NUTRITION**



For the next 30 days, in addition to foundation nutrition, target specific wellness concerns such as eye health, joint and mobility, metabolic functions, weight management, etc with targeted solutions.



**NINGXIA RED
+ FOUNDATION
+ TARGETED
NUTRITION**

FOUNDATION NUTRITION

Foundation nutrition refers to the essential nutrients—such as vitamins, minerals, proteins, fats, and carbohydrates—that form the basis of a healthy diet. These nutrients are critical for maintaining the body's overall health, supporting immune function, energy production, and cellular repair. A balanced intake of these nutrients is important because deficiencies can lead to various health problems, weakened immunity, and reduced vitality. Supplementation can help fill nutritional gaps that might arise from poor diet, busy lifestyles, or specific health needs, ensuring the body gets the essential nutrients it requires to function optimally.

MASTER FORMULA

Essential Nutrients for Overall Health



Enriched with essential nutrients, antioxidants, vitamins, minerals, and food-derived nutrients, this full-spectrum supplement supports a healthy immune system and overall health and wellness.

Contains synergistic suspension isolation (SSI) process technology that delivers ingredients in three forms chosen for complementary properties and that aid in nutrient absorption.

OMEGAGIZE ESSENTIAL

Supercharged with 3 X More EPA



Packed Omega-3 fatty acids extracted from mackerels, sardines, and anchovies, OmegaGize Essential is now supercharged with three times more EPA.

Each serving delivers 340 mg of DHA and a whopping 540 mg of EPA, along with CoQ10, a powerful antioxidant. Enhanced with ginger, peppermint, and clove essential oils, this potent formula supports your heart, brain, eyes, and joints, ensuring you stay vibrant and healthy.

VITAL IMMUNE PROBIOTICS

5 billion colony-forming probiotics for optimum Gut health



Unique formulation combines potent immune-boosting properties with high-quality, broad spectrum probiotic strains specifically selected to support gut health and the body's natural defenses.

Contains 5 billion probiotic with dual-coated technology that protects these cultures from the stomach's acidic environment, helping them survive so they can benefit the entire length of the intestinal tract.

TARGETED NUTRITION: METABOLIC HEALTH

These targeted nutrition plays a significant supportive role in managing metabolic syndrome by helping to improve key metabolic processes, such as insulin sensitivity, inflammation response, and overall metabolic function. Individuals can optimise their metabolic function based on their needs, preferences, and goals to achieving long-term metabolic health.

BLACK GINGER

Optimise your metabolism



Black Ginger PMF supplement is a naturally derived supplement that contains PMF, or polymethoxyflavone, a powerful agent in increasing energy production and boosting metabolism.

By supplementing your diet and exercise regimen with Black Ginger PMF, you can optimise your metabolic wellness.

BLACKSEED OIL

Supports optimal antioxidant protection



Black seed oil is cold pressed from the tiny black seed of the Nigella sativa plant, a flowering shrub from Egypt.

Thymoquinone is the major active compound in Black Seed Oil that is known to be an antioxidant and supports healthy inflammatory response while optimising your metabolic health.

GOLDEN TURMERIC

Provides 24x bioavailable turmeric to support healthy inflammatory response



Golden Turmeric uses a unique water-dispersible formula that makes it 24 times more bioavailable than standard turmeric products.

It combines the benefits of high-quality turmeric and prebiotics into a delicious mango rose drink. These powerful ingredients support immunity and inflammation response.

TARGETED NUTRITION: SKIN, BONES, JOINTS

By incorporating targeted nutrition products such as Bloom Collagen Complete, Sulfurzyme, and BLM, which contain essential compounds to promote tissue repair, boost collagen production, reduce inflammation, and enhance structural integrity, you can potentially get healthier skin, stronger bones, and better joint mobility.

BLOOM COLLAGEN COMPLETE

10,000mg of bioavailable Peptan® collagen



Bloom Collagen delivers the glow-giving benefits of 10,000 mg of Peptan® liquid marine collagen, as well as wolfberry extract, CoQ10, jasmine green tea extract, and skin-supporting vitamins and minerals with a delicious wolfberry-citrus flavor

Infused with Grapefruit, Lemon, and Lime essential oils, conveniently packed in a single bottle to boost your glow from within.

SULFURZYME

Synergistic combination of MSM and wolfberry for optimal joint and skin health



Sulfurzyme supports healthy joints and skin by providing sulfur for collagen production, reducing inflammation, offering additional antioxidant protection with wolfberry.

These synergistic compounds help to maintain joint integrity, alleviate pain, improve flexibility, and support skin elasticity, hydration, and repair, ultimately contributing to overall joint and skin health.

AGILEASE

Promoting Joint Function, Flexibility, and Comfort with natural Ingredients



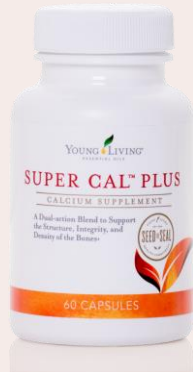
Specifically tailored to support joint health, this supplement supports healthy cartilage, flexibility and mobility, and the body's natural response to inflammation after exercise. It boasts frankincense gum resin extract, undenatured type II collagen, and a blend of essential oils that include Wintergreen, Copaiba, Clove, and Northern Lights Black Spruce to help support cartilage and joint functions

TARGETED NUTRITION: RESTFUL SLEEP

Incorporating these targeted nutrition plays an important role in improving restful sleep by providing essential nutrients that support the body's natural sleep cycles, calm the mind, and promote relaxation, helping you achieve deeper, more restorative rest.

Super Cal Plus

Bioavailable minerals to support healthy sleep cycles



Formulated with a synergistic blend of bioavailable calcium, magnesium, vitamins D and K, and other trace minerals, Super Cal Plus plays a crucial role in improving sleep by influencing various processes in the body that help promote relaxation and support healthy sleep cycles.

Sleep Essence

Natural herbal blend to support restful sleep



Sleep Essence combines Lavender, Vetiver, Valerian, and Ruta essential oils with melatonin—a well-known sleep aid—for a natural way to enable a full night's rest.

Super Magnesium

Bioavailable Magnesium To support healthy quality sleep



Magnesium plays a significant role in improving sleep quality due to its calming and muscle-relaxing properties, as well as its impact on the nervous system

Super Magnesium supplement supports healthy energy levels, a calm nervous system, and a restful night's sleep as you begin to wind down.

NINGXIA RED RESET 90-DAY CHECKLIST





Reaching your health goals &
getting fit is more fun with friends!



**GET RED-Y FOR THE
BEST YOU IN 2025!**