

# YOUNG LIVING SUGGESTED PRODUCT CLAIMS

We want to help people enjoy lives filled with wellness—which includes the safe use of Young Living 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 essential oils and blends. It's critical that everyone shares Young Living products in accordance with their specific usage instructions.

## ESSENTIAL OIL SINGLES

Developed from more than 20 years of research and experience, Young Living's proprietary Seed to Seal® standard ensures that our essential oils are the finest available. Our dedication to purity is what makes our essential oils stand apart from the rest.

## BLUE CYPRESS

*Topical/Aromatic*

- Contains the naturally occurring constituents guaiol, alpha-eudesmol, beta eudesmol, and gamma-eudesmol
- Moisturizes skin
- Promotes the appearance of healthy-looking skin
- Has a woody aroma that is especially useful for outdoor activities
- Can be used for massage after activity
- Can be added to a daily facial cleansing routine

## CEDARWOOD

*Topical/Aromatic*

- Contains naturally occurring constituents that are high in sesquiterpenes, including alpha-himachalene, alpha-himachalene, and gamma-himachalene
- Is a key ingredient in Brain Power™, Grounding™, Highest Potential™, and Cel-Lite Magic™ Massage Oil
- Has a soothing sensation when applied to the occasional minor everyday skin irritation
- Helps maintain the appearance of healthy, youthful skin
- Is conditioning to the scalp and hair
- Is cleansing to the skin when applied topically
- Can be diffused or applied topically for a relaxing, calming aroma that supports sleep habits
- Can be diffused for an aroma that is centering and balancing
- Can be used in an outdoor spray
- Can be massaged into the scalp for the appearance of thick, healthy-looking hair
- Can be added to a homemade natural deodorizer

## CITRONELLA

*Topical/Aromatic*

- Has a refreshing and uplifting fragrance
- Includes the naturally occurring constituents geraniol, limonene, and geranyl acetate
- Is included in Purification®, RepelAroma™, and Animal Scents® Shampoo

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## EUCALYPTUS RADIATA

*Topical/Aromatic*

- Has a potent, sweet, fruity aroma
- Includes the naturally occurring constituents 1,8 cineole and eucalyptol
- Is an important ingredient in Breathe Again™, Thieves®, R.C.™, Inner Defense®, and Ortho Ease®
- Can be used for massage after activity
- Can be diffused to create a stimulating and rejuvenating environment
- Can be added to your favorite household cleaners

## FRANKINCENSE

*Topical/Aromatic*

- Contains the naturally occurring constituents alpha-pinene, limonene, sabinene, and beta caryophyllene
- Is a key ingredient in Boswellia Wrinkle Cream™, Brain Power™, Awaken™, Highest Potential™, and Forgiveness™
- Promotes feelings of relaxation and tranquility
- Has an uplifting aroma when added to a personal fragrance
- Can be diffused during meditation for increased spiritual awareness, grounding, and purpose
- Can be used for massage after activity
- Can be applied topically to promote the appearance of healthy-looking skin and to reduce the appearance of uneven skin tone
- Can be added to other essential oil blends for an uplifting, aromatic boost
- Can be applied topically or diffused for a focusing aroma

## GERANIUM

*Topical/Aromatic*

- Contains the naturally occurring constituents citronellol and geraniol
- Is an important ingredient in many skin care products and essential oil blends, including ART® Creme Masque, Boswellia Wrinkle Cream™, Animal Scents® Ointment, Acceptance™, Awaken™, Believe™, and Clarity™
- Has an uplifting, floral fragrance
- Can be diffused for a balancing, peaceful, and calming aroma
- May help maintain the appearance of healthy-looking skin

## GRAPEFRUIT

*Topical/Aromatic*

- Contains the constituents sabinene, limonene, and nootkatone
- Has an uplifting and energizing aroma
- Adds a fresh, clean aroma when diffused
- Has skin-cleansing properties

## HELICHRYSUM

*Topical/Aromatic*

- Contains the naturally occurring constituents neryl acetate, gamma-curcumene, and alpha-pinene
- Is an important ingredient in essential oil blends such as Awaken™, Brain Power™, Deep Relief™ Roll-On, Forgiveness™, PanAway®, and Trauma Life™
- Has an herbaceous and sweet aroma that's uplifting to the mind

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- Promotes the appearance of youthful, healthy-looking skin
- Has skin-cleansing properties
- Reduces the appearance and texture of uneven skin tone
- Promotes a youthful, glowing complexion

## IDAHO BALSAM FIR

*Topical/Aromatic*

- Contains the naturally occurring constituents beta-pinene and camphene
- Is an important ingredient in many products, including Animal Scents® Ointment, Deep Relief™ Roll-On, Believe™, Gratitude™, and BLM™
- Has a woody, refreshing aroma
- Has a grounding, relaxing, and calming aroma when diffused
- Can be used in meditation for increased spirituality

## JUNIPER

*Topical/Aromatic*

- Contains the naturally occurring constituents alpha-pinene and bornyl acetate
- Is an important ingredient in many products, including Awaken™, DiGize™, Grounding™, Allerzyme®, K&B™, Cel-Lite Magic™ Massage Oil, and Morning Start® Bath & Shower Gel
- Has a woody, sweet, peaceful aroma
- The juniper species we distill is native to the southwestern United States and is distinctive to Young Living

## LAVENDER

*Topical/Aromatic*

- Contains the naturally occurring constituents linalyl acetate, linalool, and ocimene
- Is a key ingredient in Stress Away™, Tranquil™, RutaVaLa™, Forgiveness™, and Harmony™
- Has a calming aroma to help clear and clarify the mind
- Has cleansing properties when used for skin and hair
- Can be diffused to promote calm feelings and fight occasional nervous tension
- Can be diffused to support a worry-free outlook
- Can be diffused or applied topically to enjoy its relaxing and calming properties
- Can be diffused to enjoy balancing properties that calm the mind and body
- Can be added to your favorite lotion or hair products
- Can be applied topically to cleanse and soothe minor skin irritations
- Can be applied to the skin after a day in the sun
- Can be applied on its own or with your favorite moisturizer to reduce the appearance of blemishes and enhance the appearance of a youthful complexion
- Supports aging skin when applied alone or with your favorite lotion or moisturizer

## LEMON

*Topical/Aromatic*

- Can be diffused for an energizing, invigorating, and uplifting aroma
- Can be diffused to create a more focused environment
- Can be diffused during times of occasional sadness
- Can be used in your nighttime routine to help reduce the appearance of aging for a youthful complexion; avoid direct sunlight or UV rays for up to 12 hours after applying product
- Can be used to help remove sticky adhesives

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## LEMONGRASS

*Topical/Aromatic*

- Contains the naturally occurring constituents neral, geranial, limonene, and beta-caryophyllene
- Is a key ingredient in En-R-Gee™, Ortho Ease® Massage Oil, and Ortho Sport® Massage Oil
- Has skin-cleansing properties
- Cleanses the air from odors
- Can be used to make an outdoor spray
- Can be diffused to reduce musky aromas in moist, damp spaces
- Can be diffused indoors during cold weather months
- Can be added to Ortho Sport® Massage Oil and applied to flex points for a more intense massage after workouts
- Can be used for massage after activity
- Can be added to household cleaners for a boost of bright, citrus scent

## NORTHERN LIGHTS BLACK SPRUCE

*Topical/Aromatic*

- Contains the naturally occurring constituents alpha-pinene, camphene, and beta-pinene
- Is an important ingredient in many products, including Valor II™, Peace & Calming II™, Shutran™, and Light the Fire™
- May help improve the appearance of dry skin
- Helps maintain the appearance of healthy-looking skin
- Has a rich, woody, and invigorating aroma
- Can be applied to bottoms of feet, along the spine, back of neck, or wherever desired
- Can be diffused during meditation
- Can be added to skin care products
- Can be used for massage

## OREGANO

*Topical/Aromatic*

- Contains the naturally occurring constituents carvacrol, beta-caryophyllene, and thymol
- Is included in Ortho Sport® Massage Oil and ImmuPower™
- Is an important component in the Raindrop Technique®
- Can be added to V-6™ Vegetable Oil Complex and massaged on fatigued areas after activity
- Can be diffused to purify the air

## PALO SANTO

*Topical/Aromatic*

- Contains the naturally occurring constituents limonene and alpha-terpineol
- Is an important ingredient in Transformation™
- Can be diffused for a cleansing and refreshing atmosphere
- Can be used for massage after activity
- Has an inspiring and uplifting fragrance

## PATCHOULI

*Topical/Aromatic*

- Contains the naturally occurring constituents patchoulol, bulnesene, and alpha-guaiene
- Is an important ingredient in DiGize™, Abundance™, Live with Passion™, Magnify Your Purpose™, and Allerzyme®

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- May improve the appearance of dry, chapped skin
- Can be added to your favorite skin care products
- Can be diffused to enjoy a calming, relaxing, and peaceful fragrance

## PEPPERMINT

*Topical/Aromatic*

- Contains the naturally occurring constituents menthol and menthyl acetate
- Is found in PanAway®, Cool Azul™ Pain Relief Cream, Aroma Siez™, Relieve It™, and Deep Relief™ Roll-On
- Is cooling to fatigued muscles after physical activity
- Provides a soothing/cooling sensation when applied to shoulders, neck, and scalp
- Has a stimulating aroma that helps create a focused environment
- Has a grounding aroma when diffused
- Can be added to your favorite shampoos for a stimulating sensation
- Can be mixed with Lavender and applied to skin on a warm day for a cooling sensation
- Can be inhaled for a refreshing experience
- Can be added to toothpaste or mouth rinse for fresher breath
- Can be used for a soothing massage

## SACRED FRANKINCENSE

*Topical/Aromatic*

Contains the naturally occurring constituents alpha-pinene, limonene, and boswellic acid

- Is an important ingredient in Freedom Sleep™ and Freedom Release™ kits, Common Sense™, RutaVaLa™, Progessence Plus™, and Sheerlumé™
- Has a grounding, uplifting, and inspiring aroma when diffused
- Can be applied to the temples, chest, and nape of neck to enhance meditation
- Supports and maintains the appearance of healthy-looking skin

## TEA TREE

*Topical/Aromatic*

- Contains the naturally occurring constituents terpinene-4-ol, gamma terpinene, and alpha-terpinene
- Is found in Purification®, Melrose™, Animal Scents™ Ointment, Rose Ointment™, and ClaraDerm™
- Reduces the appearance of blemishes
- Has skin-cleansing properties
- Can help eliminate musky odors
- Helps maintain healthy-looking skin
- Can be added to homemade natural deodorant
- Can be applied to feet and toenails as needed to help maintain the appearance of healthy skin and nails

## VETIVER

*Topical/Aromatic*

- Contains the naturally occurring constituents isovalencenol, khusimol, and beta- vetivone
- Is included in ART® Creme Masque, Melaleuca-Geranium Moisturizing Soap, Inspiration™, Lady Sclareol™, and SleepEssence™
- Has an earthy and grounding aroma
- Can be diffused for a calming and relaxing fragrance

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## WINTERGREEN

*Topical/Aromatic*

- Contains the naturally occurring constituent methyl salicylate
- Is an important ingredient in Deep Relief™ Roll-On, Ortho Ease® Massage Oil, Ortho Sport® Massage Oil, PanAway®, and BLM™
- Has a refreshing, minty, and sweet aroma
- Is a great addition to lotions and ointments that are applied after activity

## YLANG YLANG

*Topical/Aromatic*

- Is found in many Young Living skin and hair care products and other products, including Awaken™, Believe™, Clarity™, Dragon Time™, and Forgiveness™
- Has a rich, sweet, floral scent
- Can be diffused for a calming, relaxing, and soothing aroma
- Can be massaged into the scalp to increase the appearance of healthy, shiny hair

## ESSENTIAL OIL BLENDS

*When essential oils work in harmony, the combined effect can be transformative. Our blends are the result of years of rigorous testing and practical application, producing a synergy of complementary oils that can be used in every aspect of your life.*

## AROMAEASE®

*Topical/Aromatic*

- Contains the naturally occurring constituents menthol, l-carvone, zingiberene, linalool, and ocimene
- Has a clean, calming aroma
- Provides a comforting aroma when applied to the neck and chest
- Creates a calm and relaxing aromatic environment when diffused

## BRAIN POWER™

*Topical/Aromatic*

- Contains the naturally occurring constituents cedrol, alpha-pinene, guaiol, and linalool
- Creates an inspiring aroma when diffused
- Can be applied topically to moisturize skin
- Is an inspired blend with a rich, invigorating scent
- Has an uplifting fragrance that's great for the home, the office, or on the go

## BREATHE AGAIN™ ROLL-ON

*Topical/Aromatic*

- Has an invigorating and awakening aroma
- Combines four powerful Eucalyptus oils
- Comes in an easy-to-use, portable roll-on applicator so you have it on hand anytime, anywhere
- Can be applied to the head, neck, chest, or under the nose

## CITRUS FRESH™

*Topical/Aromatic*

- Contains the naturally occurring constituents limonene, beta-pinene, and linalool

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- Has a clean, fresh scent when diffused
- Can be added to Young Living lotions or Young Living Bath & Shower Gel Base to add an uplifting aroma
- Can be added to laundry for a revitalizing aroma
- Can be worn as a perfume or cologne for a refreshing and inspiring aroma throughout the day
- Can be applied topically to beautify the skin and to maintain the appearance of healthy, toned skin
- Can be added to Thieves® Household Cleaner for an extra boost of citrus aroma

## DEEP RELIEF™ ROLL-ON

*Topical/Aromatic*

- Contains Peppermint, Wintergreen, Copaiba, and Helichrysum
- Has a relaxing and calming aroma
- Has an invigorating, energizing scent when inhaled
- Can be used for massage after activity
- Can be stored in your gym bag and applied during a workout
- Can be applied to the skin for a cooling sensation
- Can be applied to the temples, forehead, and back of neck

## FULFILL YOUR DESTINY™

*Topical/Aromatic*

- Is a proprietary blend created by D. Gary Young to highlight the theme of Young Living's 2017 International Grand Convention
- Formulated to inspire personal desire and drive for success in fulfilling one's destiny
- Combines nine essential oils to create an energizing and transformational aroma
- Inspires feelings of awareness and success
- Is a great addition to your daily motivation and self-care regimen
- Nourishes and moisturizes healthy skin when added to lotion or V-6™ Vegetable Oil Complex and applied to the skin

## JOY™

*Topical/Aromatic*

- Has a peaceful and joyful aroma
- Inspires a romantic aromatic atmosphere
- Creates a warm, comforting environment when diffused
- Can be added to a YL lotion or moisturizer to beautify and enhance the appearance of the skin
- Can be added to Young Living Bath & Shower Gel Base to relax as you unwind after a long day
- Can be worn as a cologne or perfume for an alluring and irresistible fragrance that inspires romance and togetherness

## LIGHT THE FIRE™

*Topical/Aromatic*

- Contains the naturally occurring constituents beta-caryophyllene, alpha-pinene, beta-pinene, and limonene
- Is a proprietary blend formulated by D. Gary Young to celebrate the 2015 International Grand Convention
- Has a warm, spicy aroma
- Invites an inspiring fragrance in any environment when diffused
- Can be added to V-6™ Vegetable Oil Complex for a bold aroma to use in a relaxing massage

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## PANAWAY®

*Topical/Aromatic*

- Contains the naturally occurring constituents methyl salicylate, gamma- curcumene, menthol, and eugenol
- Is a best-selling blend formulated by D. Gary Young
- Has a stimulating aroma
- Supports the appearance of healthy skin coloration
- Can be applied topically after exercise
- Can be added to V-6™ Vegetable Oil Complex and applied to the neck and back for a soothing experience

## PEACE & CALMING®

*Topical/Aromatic*

- Contains the naturally occurring compound chamazulene, a constituent that gives the oil its blue color
- Includes the naturally occurring compounds limonene and patchoulol
- Improves the appearance of skin when applied topically
- Helps freshen the air when diffused
- Blends well with Citrus Fresh™ when diffused
- Provides a peaceful aroma for yoga and meditation
- Can be added to V-6™ Vegetable Oil Complex and massaged on bottoms of feet
- Can be diffused before bed for a relaxing and calming aroma
- Add 5–10 drops to a neutral lotion and apply topically to moisturize skin
- Add 4–5 drops to Epsom salts and add to bathwater for a calming, relaxing bath

## PEACE & CALMING II™

*Topical/Aromatic*

- Contains the naturally occurring constituents germacrene D, linalool, alpha- pinene, and bisabolol
- Creates a refreshing and relaxing atmosphere when diffused
- Has a gentle aroma that encourages relaxation
- Beautifies the appearance of skin when applied topically
- Can be diluted and applied topically to moisturize skin

## PROGESSENCE PLUS™

*Topical/Aromatic*

- Specially formulated for women
- Supports healthy-looking skin with wild yam and vitamin E
- May help smooth the appearance of fine lines for a more youthful look, thanks to Frankincense
- Promotes a healthy-looking complexion and improves overall appearance of skin

## PURIFICATION®

*Topical/Aromatic*

- Contains the naturally occurring compounds cineol, neral, and geranial
- Can be added to V-6™ Vegetable Oil Complex for a soothing and relaxing foot massage
- Can be diffused to freshen the air and eliminate odors
- Can be added to Bath & Shower Gel Base for a refreshing aroma in the shower
- Can be added to a neutral lotion to moisturize and support healthy-looking skin

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- Can be combined with distilled water in a small spray bottle and used when traveling to freshen air
- Put a few drops on cotton balls and place in vents in the house, the car, and closets to freshen the air
- Create a soothing bath by combining 4 drops Purification with 1 cup Epsom salt

## RAVEN™

*Topical/Aromatic*

- Contains the naturally occurring constituents eucalyptol, menthol, and methyl salicylate
- Features Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus Radiata
- Has a refreshing aroma when diffused or inhaled
- Provides a comforting aroma when applied to the neck and chest

## R.C.™

*Topical/Aromatic*

- Supports the feeling of normal, clear breathing with its refreshing scent
- Provides a relaxing aroma in stuffy environments
- Can be added to the bath or shower for an invigorating indulgence
- Can be inhaled or applied topically for the sensation of deeper breathing
- Can be diffused during cold weather season
- Can be applied to the chest for a refreshing respiratory experience
- Can be used in conjunction with Allerzyme™, JuvaCleanse®, JuvaPower®, and JuvaTone®

## SHUTRAN™

*Topical/Aromatic*

- Includes Idaho Blue Spruce essential oil distilled from spruce trees grown on Young Living's farms
- Formulated without the synthetic ingredients often found in mainstream colognes and fragrances
- Promotes feelings of vitality, masculinity, confidence, and energy
- Designed for men but has an inspiring and empowering scent that is appealing to everyone

## THIEVES®

*Topical/Aromatic*

- Contains the naturally occurring constituents trans cinnamaldehyde (Cinnamon Bark), limonene (Lemon), and eucalyptol (Eucalyptus Radiata and Rosemary)
- Is a key ingredient in Thieves® Household Cleaner, Thieves® Waterless Hand Purifier, Thieves® Wipes, and Thieves® Foaming Hand Soap
- Has cleansing properties
- Can be diffused to create a fresh, clean fragrance
- Can be added to cleaning products for an aromatic boost
- Can be diffused to neutralize or purify the air from strong odors
- Can be added to mouthwash for an invigorating boost of freshness

## VALOR®

*Topical/Aromatic*

- Is an essential part of Young Living's signature Raindrop Technique®
- Is one of D. Gary Young's favorite blends and one of Young Living's top-selling blends
- Can be applied to the wrists, chest, nape of neck, or bottoms of feet for an uplifting and empowering aromatic experience
- Can be added to bath water for a calming aroma

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- Can be inhaled directly from the bottle or diffused for a refreshing aroma
- Can be combined with V-6™ Vegetable Oil Complex and used for a full-body massage
- Can be applied topically at bedtime for a peaceful aroma
- Can be added to Bath & Shower Gel Base for an uplifting aroma in the bath or shower

## VALOR II™

### *Topical/Aromatic*

- Contains the naturally occurring constituents linalool, alpha-pinene, camphene, and limonene
- Has a calming and soothing aroma
- Can be applied topically for an uplifting fragrance
- Can be diffused for an inspiring aroma in your home, office, or craft room
- Can be combined with V-6™ Vegetable Oil Complex and used for a relaxing foot massage

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## VITALITY DIETARY ESSENTIAL OILS

Many of our essential oils are perfect for culinary and dietary use. Our line of dietary-grade essential oils can be added to food for a delicious boost of concentrated flavor or used in gel capsules for their supportive properties. Look for old favorites and newly distinguished essential oils in this section.

### BASIL VITALITY™

*Dietary Supplement*

- Supports health and wellness\*
- Has a fresh and herbaceous flavor that is great for salad dressings, sauces, and marinades
- Flavor favorite pasta sauce recipes with Basil Vitality; add Rosemary Vitality™ or Oregano Vitality™ for even more flavor
- Add to deli salads, Asian- or Italian-inspired soups, and custom salad dressings or vinaigrettes
- Boil pasta noodles in Basil Vitality-infused water for a subtle flavor
- Pair with lime juice and melons, such as watermelon and cantaloupe, for a fresh summer treat; garnish with feta for more complex flavors
- Mix with a mild tea, such as chamomile; add honey to sweeten

### BLACK PEPPER VITALITY™

*Dietary Supplement*

- Use 1–2 drops with 2 drops V-6™ Vegetable Oil complex in a vegetarian gel capsule as a daily dietary supplement
- Use in marinades and rubs for pork, beef, poultry, or seafood
- Add to roasted vegetables or homemade salad dressings
- Add to salsa fresca or guacamole to spice up Mexican favorites
- Use to flavor pasta, rice, mashed potatoes, and deli salads

### CARROT SEED VITALITY™

*Dietary Supplement*

- Add 1–2 drops to a vegetarian gel capsule and take daily as a dietary supplement to support your well-being\*
- Add a drop to roasted vegetables to boost the earthy flavor
- Use a few drops in salad dressings to infuse fresh greens with a rich taste
- Use to give quinoa or wild rice a new dimension of flavor

### CINNAMON BARK VITALITY™

*Dietary Supplement*

- Promotes a healthy immune response\*
- Helps maintain a healthy lifestyle regimen\*
- Supports regular digestion\* when used as a dietary supplement
- Provides a spicy and delicious addition to cooking and baking
- Has been used for thousands of years as a culinary spice
- Make your NingXia Red® shot a "Hot Shot" by adding a drop or two of Cinnamon Bark Vitality
- Take a banana smoothie to a sweet new level with a drop of Cinnamon Bark Vitality
- Use a drop to spice up your hot cereal
- Substitute ground cinnamon with Cinnamon Bark Vitality in any recipe

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## CLOVE VITALITY™

### *Dietary Supplement*

- Promotes a healthy immune response when used as a daily dietary supplement\*
- May support overall wellness\*
- Is distilled from the culinary spice clove, which has been used for thousands of years
- Provides a rich and spicy addition to cooking or baking
- Substitute Clove Vitality for the ground spice in recipes
- Bring gingerbread, molasses cookies, and spice cake to life by adding a drop to the batter
- Combine Clove Vitality with Lemon Vitality™, Cinnamon Bark Vitality™, and Nutmeg Vitality™ in homemade cider or wassail recipes
- Add a drop to a warm bowl of oatmeal for a tasty, comforting start to your day

## DIGIZE™ VITALITY™

### *Dietary Supplement*

- Contains Fennel essential oil; the use of fennel dates to the ancient Egyptians
- Complements Essentialzymes-4™; take both before every meal to support wellness\*
- Add 1–2 drops to a gel capsule and take daily or as needed
- Combine 2 drops DiGize Vitality with 1 drop Peppermint in a cup of chilled water for a stimulating beverage
- Use as a dietary supplement in water when traveling abroad\*
- Add 2–3 drops to honey for a spicy treat
- Take with ComforTone® and JuvaTone® in whatever form you prefer\*

## ENDOFLEX™ VITALITY™

### *Dietary Supplement*

- Contains Spearmint, Sage, Geranium, Myrtle, German Chamomile, and Nutmeg essential oils
- May support a healthy lifestyle\*
- Take daily in a gel capsule by combining 1 drop EndoFlex Vitality with 1 drop V-6™ Vegetable Oil Complex\*
- Add a drop or two to 2–4 ounces of NingXia Red®
- Create an uplifting and invigorating drink by adding EndoFlex to our sparkling NingXia Zynge™
- Combine a drop with a large cup of warm tea or tall glass of water; if a drop is too strong, dip a toothpick in the oil and swirl it in your drink

## FRANKINCENSE VITALITY™

### *Dietary Supplement*

- Found in Young Living supplements such as CortiStop® Women's and Longevity Vitality™
- Supports general/overall health and healthy immune function\*
- Has a subtle, smooth, citrusy flavor
- Can be added to favorite food and beverages
- Take as a dietary supplement to support well-being\*

## FENNEL VITALITY™

### *Dietary Supplement*

- Supports the digestive system\*
- Helps maintain overall well-being\*

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- Found in DiGize™ Vitality™, JuvaFlex Vitality™, Detoxzyme®, Digest & Cleanse™, and Essentialzymes-4™ for its many beneficial properties
- Is a flavorful addition to savory recipes

## GINGER VITALITY™

### *Dietary Supplement*

- Supports a healthy lifestyle\*
- Supports normal digestion\*
- Is an important ingredient in DiGize™ Vitality™, Digest & Cleanse™, EndoGize™, ICP™, and Essentialzymes-4™
- Add a drop to your tea for a soothing hot drink
- Dip a toothpick in Ginger Vitality and add it to your stir-fry for a zing of exotic flavor
- Add a spicy twist to a refreshing classic by including few drops in a pitcher of fresh-squeezed lemonade
- Mix a few drops with your marinades and salad dressings to add a warm, spicy note

## GRAPEFRUIT VITALITY™

### *Dietary Supplement*

- Delivers powerful antioxidants\*
- Supports the lymphatic system\*
- Supports the circulatory system\*
- Is cleansing to the digestive system\*
- Blend with NingXia Red for an extra flavor boost in your wolfberry goodness\*
- Support your weight-management program by taking Grapefruit Vitality as a dietary supplement; add 1–2 drops to a vegetarian gel capsule and take daily\*
- Add 2–3 drops to cold water to make a refreshing drink and to stay hydrated
- Add to kitchen creations such as desserts, marinades, and salad dressings for a distinct citrus flavor

## JADE LEMON VITALITY™

### *Dietary Supplement*

- Combine with frozen yogurt for a sweet, chilled treat
- Add 4 drops to a pitcher of sun tea for an exotic warm weather beverage
- Add 1 drop to your next serving of NingXia Red® for a flavorful mixer

## LAVENDER VITALITY™

### *Dietary Supplement*

- Contains the naturally occurring constituents linalyl acetate, linalool, and ocimene
- Promotes feelings of calm and fights occasional nervous tension\*
- May support a worry-free outlook\*
- Promotes restful sleep\*
- Helps against occasional sleeplessness\*
- Enhances a sense of well-being\*
- Make homemade fruit jams infused with Lavender Vitality; try mixing with blueberry, apricot, raspberry, or peach jams and jellies
- Combine Lavender Vitality's earthy, low notes with bright citrus flavors like lavender lemonade or citrus sorbet
- Balance Lavender Vitality in savory dishes with herbs such as thyme, rosemary, and oregano

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## LEMON VITALITY™

### *Dietary Supplement*

- Offers immune support\*
- Has an invigorating citrus flavor
- Provides circulatory support\*
- Has cleansing properties\*
- Add to a tall glass of cold water for a fresh drink to start your day
- Blend a drop of Lemon Vitality in Gary's True Grit™ Einkorn Pancake and Waffle Mix batter and top your waffles or pancakes with fresh fruit for a healthful, tasty breakfast
- Create custom vinaigrettes or marinades to add a bright taste to summer salads and grilling
- Add to tea, baked goods, homemade preserves, and other treats
- Add 1 drop to plain or vanilla yogurt and top with fresh berries
- Combine with savory foods such as chicken, fish, shrimp, and vegetables and with sides such as noodles, rice, or pasta salad

## LEMONGRASS VITALITY™

### *Dietary Supplement*

- May support the digestive system\*
- Supports overall wellness\*
- Is an important ingredient in DiGize Vitality™, Essentialzymes-4™, ICP™, MultiGreens™, and Slique CitraSlim™
- Enhances the flavor of food and water
- Is cleansing to the digestive system\*
- Maintains a healthy circulatory system\*

## LIME VITALITY™

### *Dietary Supplement*

- Add 1 drop to a vegetarian gel capsule and take daily or as needed as a dietary supplement
- Combine with olive oil and use as a marinade for meat and veggies
- Include a drop in your stir-fry to bring dimension and add depth of flavor
- Complement the natural sweetness of berry dishes with a touch of Lime Vitality
- Stay hydrated and add variety by infusing water with a drop or two of Lime Vitality

## ORANGE VITALITY™

### *Dietary Supplement*

- Is an important ingredient in many Young Living products, including NingXia Red® and ImmuPro™
- Enhances the flavor of foods and water
- Has antioxidant properties\*
- Supports the immune system\*
- Is cleansing for the digestive system\*

## PEPPERMINT VITALITY™

### *Dietary Supplement*

- Supports gastrointestinal system comfort\*
- Promotes healthy bowel function\*
- Enhances healthy gut function\*
- Maintains efficiency of the digestive tract\*
- Supports normal digestion\*

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- May support performance during exercise
- Is a key ingredient in DiGize™ Vitality™
- Reduces feelings of discomfort after large meals\*
- Adds a refreshing, minty flavor to food and beverages

## ROSEMARY VITALITY™

### *Dietary Supplement*

- Helps support a healthy lifestyle \*
- Supports well-being\*
- Provides a savory addition to meats, marinades, side dishes, and dressings
- Is an important ingredient in many products, including Thieves®, En-R-Gee™, JuvaFlex®, Essentialzymes-4™, and Inner Defense®
- Add 2 drops to a capsule and take as a dietary supplement\*
- Add a few drops to your tomato sauce
- Replace dried rosemary with a drop of Rosemary Vitality in your favorite recipes
- Add a drop of Rosemary Vitality to marinades and salad dressings
- Combine olive oil, balsamic vinegar, and Rosemary Vitality for a bread dip that rivals that of any restaurant

## SPEARMINT VITALITY™

### *Dietary Supplement*

- Is an important ingredient in many Young Living products, including Citrus Fresh™ Vitality™, EndoFlex™, GLF™, NingXia Nitro™, and Thyromin™
- Blend with Peppermint Vitality™ for digestive system support\*
- Take as a dietary supplement by adding a drop to a vegetarian capsule and taking daily or as needed\*
- Add a drop to a glass of fruit-infused water to add variety
- Add a drop to your tea to help support normal digestion\*
- Give meats and veggies a minty note by including Spearmint Vitality in your marinades
- Make world-class homemade pesto by adding a drop of Spearmint Vitality to minced basil

## TANGERINE VITALITY™

### *Dietary Supplement*

- Supports a healthy lifestyle\*
- Gives a bright citrus flavor to foods and water
- Is an important ingredient in Citrus Fresh™ Vitality™, NingXia Red®, Slique® Essence™, and Super C™
- Add a drop to a vegetarian gel capsule and take daily as a dietary supplement
- Add a drop or two to NingXia Zynq™ for a tangy twist
- Give marinades a sweet kick by adding Tangerine Vitality
- Add a few drops to your chilled water to encourage all-day hydration
- Add to your salad dressing for a citrus zing

## THIEVES® VITALITY™

### *Dietary Supplement*

- Supports healthy immune function\*
- Add 1–2 drops to a vegetarian gel capsule and take daily or as needed as a dietary supplement\*
- Put a drop in your morning juice, tea, or coffee; the spicy, sweet flavor will also give your morning beverage a flavor boost

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- Add a drop to oatmeal, granola, or other cereal to elevate your breakfast
- Take a shot of NingXia Red® with a drop of Thieves Vitality for a quick, spicy boost to your daily NingXia Red shot
- Include a drop in a cup of warm water or milk to add to your wellness regimen

## THYME VITALITY™

### *Dietary Supplement*

- May support wellness\*
- Is an important ingredient in Inner Defense™, Longevity™ Vitality™, ParaFree™, and Rehemogen™
- Use as a flavorful addition to savory dishes
- Take 1–2 drops in a vegetarian gel capsule to enjoy the benefits of its naturally occurring constituents\*
- Include in your next pasta or poultry dish for a delicious new layer of flavor
- Use a few drops in your marinade to infuse meats and vegetables with herby richness
- Make your dips extra appetizing by adding a drop of Thyme Vitality™

## CARDAMOM VITALITY™

### *Dietary Supplement*

- May support a healthy digestive system\*
- Supports wellness and a healthy lifestyle\*
- Is a powerful antioxidant\*
- May be used daily to support healthy gastrointestinal function\*
- Can be used as a food flavoring

## COPAIBA VITALITY™

### *Dietary Supplement*

- Supports overall wellness\*

## CORIANDER VITALITY™

### *Dietary Supplement*

- Delivers powerful antioxidants\*
- Supports a healthy digestive system\*
- Can be used as a food flavoring
- Supports oral health\*
- Offers immune support\*
- Helps cleanse the digestive system\*

## GERMAN CHAMOMILE VITALITY™

### *Dietary Supplement*

- Offers mood support \*
- Promotes feelings of calmness
- Supports overall well-being \*
- Has antioxidant properties\*
- Can calm occasional nervous tension\*
- Supports a normal, healthy attitude during PMS\*
- Can be used as a food flavoring

## GLF™ VITALITY™

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### *Dietary Supplement*

- Offers immune support\*
- Provides digestive support\*
- Includes essential oils that have antioxidant properties\*
- Is formulated with powerful, unique, popular essential oils to complement a healthy weight-management program
- May help support healthy gall liver health\*
- Is cleansing to the digestive system\*

### **JUVACLEANSE® VITALITY™**

#### *Dietary Supplement*

- Has powerful antioxidant benefits\*
- Is formulated to provide immune support and digestive support\*
- Offers circulatory support\*
- Is cleansing to the digestive system\*
- Is best used in conjunction with JuvaFlex® Vitality™, JuvaTone®, JuvaSpice®, JuvaPower®, Detoxzyme®, and GLF Vitality™

### **LAURUS NOBILIS VITALITY™**

#### *Dietary Supplement*

- Has antioxidant properties\*
- Is cleansing to the digestive system\*
- Provides immune support\*
- Can be used as a food flavoring

### **MARJORAM VITALITY™**

#### *Dietary Supplement*

- Offers antioxidant support\*
- Supports general health\*
- May support the digestive system when combined with a healthy diet\*
- Provides immune support\*
- Enhances the flavor of your favorite savory dishes

### **MOUNTAIN SAVORY VITALITY™**

#### *Dietary Supplement*

- Contains powerful antioxidants
- Can help support a healthy immune system when taken as a dietary supplement\*
- Is cleansing to the digestive system\*
- Can be used as a food flavoring

### **NUTMEG VITALITY™**

#### *Dietary Supplement*

- Supports cognitive function\*
- Includes powerful antioxidants\*
- Is cleansing to the digestive system\*
- Offers immune support\*
- Can be used as a food flavoring

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