

BOOST YOUR ENERGY:

Peppermint Essential Oil, NingXia Nitro

Do you often feel tired or run down? The demands of everyday life can contribute to low energy levels and feelings of fatigue. Poor quality sleep, heavy work schedules, fussy babies, diminished nutrition, hectic lifestyles—there are many contributing factors to daytime fatigue, but the great news is that you can fight it! Young Living offers natural, energy-balancing formulas designed to keep you feeling refreshed and vibrant.



**YOUNG LIVING**[™]
ESSENTIAL OILS

You can balance your energy levels naturally and effectively by adding Peppermint essential oil and NingXia Nitro™ to your daily routine.

PEPPERMINT *Essential Oil*

The pure, crisp aroma of peppermint (*Mentha piperita*) has been used to stimulate alertness and create an environment of mental clarity for hundreds of years. Young Living's Peppermint essential oil has become the standard of purity all over the world.



*How to Support Healthy Energy with Peppermint Essential Oil**

- Place a drop on your tongue to support concentration.*
- Add a drop to your herbal tea as an energy booster.*
- Put a small drop under your nose to refresh your senses and elevate your mood.
- Jumpstart your morning routine by drinking a drop of Peppermint essential oil in a glass of water.
- Massage Peppermint onto the back of your neck, on your shoulders, and into your scalp throughout the day to lift your spirits.



NingXia NITRO™

Sometimes we all need a quick pick-me-up. NingXia Nitro is a naturally derived cognitive fitness and mental acuity booster, enriched with Korean ginseng, green tea, yerba mate, dribose, and our proprietary Nitro Alert essential oil blend.* This convenient 20-ml tube can be combined with water, mixed into NingXia Red, chilled, or enjoyed straight from the package.

If you find yourself hitting the snooze button in the mornings, fighting a midafternoon slump, or feeling too tired to exercise, reach for the energizing benefits of Peppermint essential oil and NingXia Nitro!