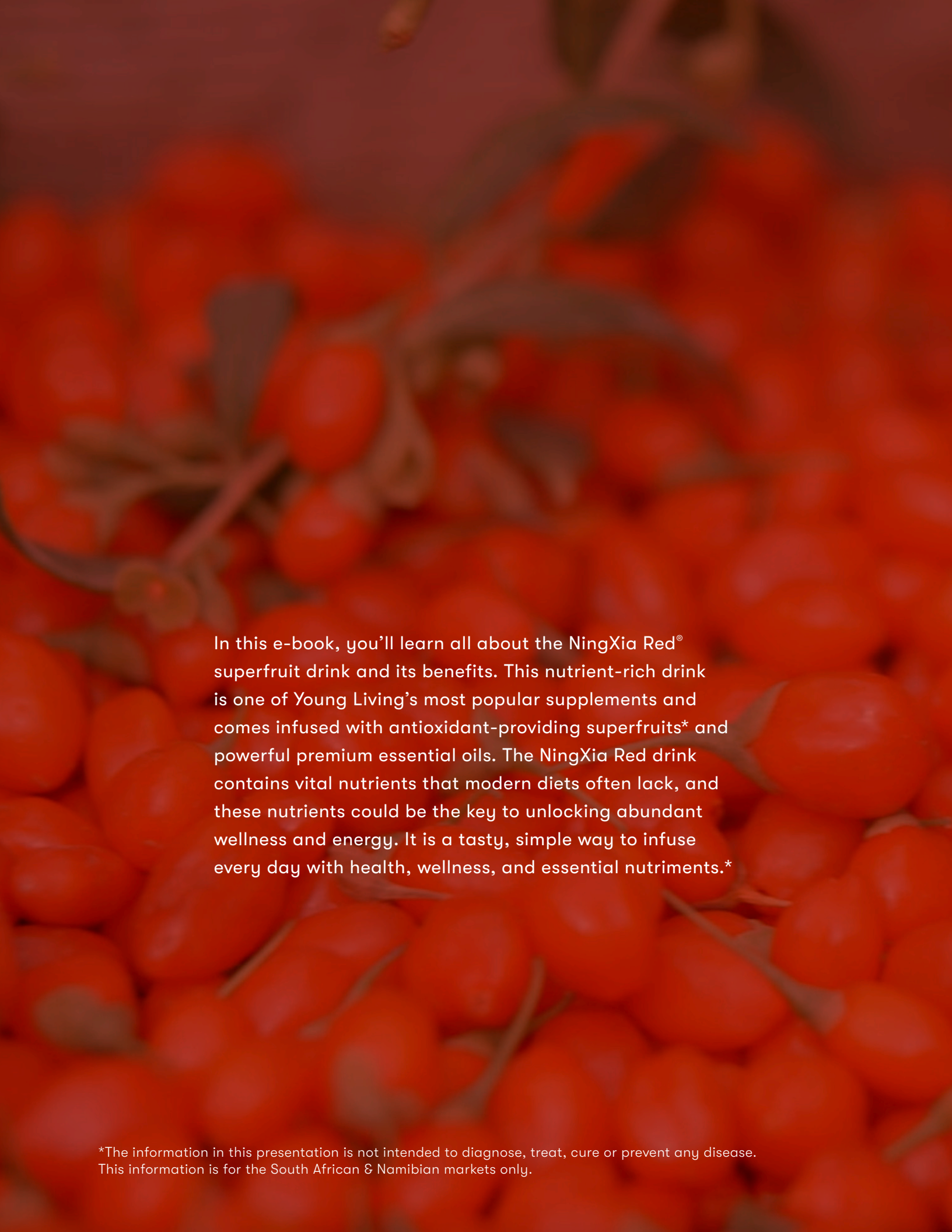


YOUNG LIVING®

NINGXIA RED®



The Science Behind Our Superfruit Products



In this e-book, you'll learn all about the NingXia Red® superfruit drink and its benefits. This nutrient-rich drink is one of Young Living's most popular supplements and comes infused with antioxidant-providing superfruits* and powerful premium essential oils. The NingXia Red drink contains vital nutrients that modern diets often lack, and these nutrients could be the key to unlocking abundant wellness and energy. It is a tasty, simple way to infuse every day with health, wellness, and essential nutriments.*

*The information in this presentation is not intended to diagnose, treat, cure or prevent any disease. This information is for the South African & Namibian markets only.

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THE STORY



NingXia
Province, China

The NingXia Red® story

More than 25 years ago, Young Living Founder D. Gary Young traveled the world seeking the secrets to natural longevity, energy, and vitality. During his travels, he met Chinese scientist Dr. Songqiao Chao. Dr. Chao introduced Gary to a delicious berry that the Chinese people had prized for thousands of years because of its powerful health-supporting benefits. Dr. Chao explained that those who regularly ingested this berry led remarkably long and healthy lives.

While in China, Gary also learned that Chinese biochemists at the Ningxia Institute of Nutrition had analyzed the wolfberry and discovered that it is one of the most nutrient-dense foods on the planet. Gary became convinced that this superfruit needed to be shared with the world. He combined the wolfberry with essential oils, creating the world's foremost functional beverage: NingXia Red.

Young Living is proud to offer the only nutrient drink on the market that combines whole Chinese wolfberries and premium essential oils in a single beverage that tastes as good as it is good for you!*

*The information in this presentation is not intended to diagnose, treat, cure or prevent any disease. This information is for the South African & Namibian markets only.



The Ningxia Wolfberry

The legendary Ningxia wolfberry, also known as the goji berry, is prized for its rich nutritional content. It is one of the earliest known superfruits used in ancient Chinese health practices, with a documented history dating back to the Ming Dynasty. Residents of the Ningxia region of northern China, where the wolfberry grows, have long enjoyed the fruit's astonishing wellness-supporting benefits. However, the Ningxia region's remoteness and political isolation kept the knowledge of its remarkable superfruit relatively hidden from the world.

The wolfberries Young Living uses undergo rigorous testing for pesticides, heavy metals, and other potential contaminants. Once the wolfberries are harvested, they're

cleaned and pureed. The ingredients undergo rigorous testing and quality checks by Young Living's Research and Development team before they're weighed and combined to create a bottle of the NingXia Red® proprietary blend.

Wolfberry puree is the core ingredient in the NingXia Red beverage. The wolfberry is revered for its unparalleled nutritional profile, which includes fiber, zeaxanthin, critical amino acids, polyphenols, polysaccharides, and a distinctive ratio of trace nutrients.

Did you know



zeaxanthin is what gives wolfberries their bright red color?



NINGXIA

Red

ENERGIZE.
FORTIFY.
REVITALIZE.

YOUNG • LIVING®
ESSENTIAL OIL-INFUSED
WOLF BERRY SUPPLEMENT

NINGXIA

Red

YOUNG • LIVING®
ESSENTIAL OIL-INFUSED
WOLF BERRY SUPPLEMENT
2 FL. OZ. (59 ml)

NINGXIA

Red

YOUNG • LIVING®
ESSENTIAL OIL-INFUSED
WOLF BERRY SUPPLEMENT
2 FL. OZ. (59 ml)

NINGXIA

Red

YOUNG • LIVING®
ESSENTIAL OIL-INFUSED
WOLF BERRY SUPPLEMENT
2 FL. OZ. (59 ml)

NINGXIA







Red

ENERGIZE.
FORTIFY.
REVITALIZE.

YOUNG • LIVING®
ESSENTIAL OIL-INFUSED
WOLF BERRY SUPPLEMENT
25.35 FL. OZ. (750 ml)




All About the NingXia Red® drink

The delicious NingXia Red daily supplement 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 flavor.*

FEATURES AND BENEFITS	CERTIFICATIONS
<ul style="list-style-type: none"> • Supports and provides a nutrient infusion for whole-body health and wellness* • Helps protect against oxidative stress* • Provides energy support without caffeine* • 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* • Contains a synergistic blend of Orange, Tangerine, Lemon, and Yuzu premium essential oils 	<div data-bbox="1039 1144 1421 1249">    </div> <div data-bbox="1039 1323 1404 1396"> <p>WHY YOU'LL CRAVE THE NINGXIA RED® BEVERAGE</p> </div> <ul style="list-style-type: none"> • So rich in nutrients that it's often called a superfruit • High in fiber and protein • Protein content is approximately 13 percent • Contains all the essential amino acids • Great whole-food source of potassium • High in antioxidants*



Did you know



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 cup 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

One cup of NingXia Red contains two servings of fruit.

By enjoying 2–4 delicious ounces daily, you can make your NingXia Red beverage a vital part of your journey to transformed wellness.*

THE NINGXIA RED® BEVERAGE UNDER THE MICROSCOPE

In a recent study, the NingXia Red drink was clinically shown to:



Significantly increase physical energy levels by 34.5 percent and reduce physical limitations by 36 percent*



Improve sleep patterns and increase time asleep by an average of 21 minutes following 60 days of continued use*



Significantly reduce daily stress by 23 percent and improve mental well-being†

The NingXia Red® clinical study:

DISCOVERING THE SCIENCE BEHIND THIS UNIQUE SUPERFRUIT DRINK

The Franklin Health Research Center investigates aromatic products, dietary ingredients, nutraceuticals, and dietary supplements for efficacy and safety. As one of the nation's leading clinical research sites for natural product evaluation, the Franklin Health Research Center conducts research for the world leaders in preventative and integrative health.

The center conducted a randomized clinical trial in the United States in 2020. For the trial, 160 healthy adults were recruited and randomized into a treatment group and a control group. What the center discovered was that consuming the NingXia Red beverage for two months showed significant support for overall health in the treatment group compared to the control group.*

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.*

The NingXia Red beverage was also shown to have a positive impact on responses to everyday stress, with significant results in as little as one month of use. These effects were found to be much greater in women than men. The effects were also greater in adults aged 20–49, compared to adults aged 50–65.

The study also revealed that the NingXia Red beverage has a powerful and significant effect on overall sleep quality. Supplementation with the NingXia Red dietary supplement provides significant levels of support for healthy sleep domains and promotes greater alertness and overall sleep quality. Additionally, the NingXia Red beverage's boost to sleep quality manifested through other benefits such as increased wakefulness during daytime hours.*

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

[†]Based on a NingXia Red clinical study.

NingXia Red ICE POPS



INGREDIENTS:	(Makes 4 popsicles)	
1 cup NingXia Red beverage	½ cup sliced organic berries	
¼ cup distilled water or coconut milk	4 popsicle molds	
10 drops Orange Vitality essential oil		
DIRECTIONS:		<p>Enjoy this refreshing midday snack packed with immune support.*</p>
<ol style="list-style-type: none"> 1. Combine NingXia Red, water or coconut milk, and Orange Vitality. 2. Cut slices of fruit and place into molds. 3. Pour NingXia Red mixture into molds, covering fruit. 4. Place molds in freezer for 6–8 hours. 		

FAQs

Q. Is the NingXia Red beverage pasteurized?

A. Yes, every batch is prepared with our nutrient guard technology, and we use only high-temperature flash pasteurization. The juice is exposed to heat for 30 seconds or less and cooled quickly to preserve as many nutrients as possible.

Q. What is the NingXia Red beverage’s shelf life?

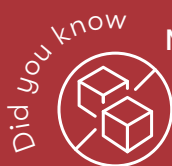
A. Unopened, NingXia Red will remain safe and effective at least 24 months from its production. Once opened, refrigerate and enjoy it within 30 days.

How to drink the NingXia Red® beverage

- Drink 30-60mls three times daily at 8 a.m., 10 a.m., and 2 p.m. This will help extend the benefits of the NingXia Red proprietary formula throughout the day.
- Blend it into your smoothie, acai bowl, or juice as part of a delicious breakfast.
- Add a drop of your favorite Vitality™ essential oil for an extra flavor boost.
- Add 2 ounces to sparkling water for a refreshing summer fizz.
- Shake well before use.
- Best served chilled.

Enjoy NingXia Red on the go!

- Pack NingXia Red Singles in lunchboxes for your children and yourself.
- Keep a few pouches in your purse, backpack, or glove compartment for quick, easy sharing.
- Substitute sugary drinks with NingXia Red Singles when you pack snacks for events like games, concerts, movies, and sporting events.



Ningxia Red is naturally sweetened

- No high fructose sweeteners
- No added sugar
- Sweetened with stevia extract



Feeling adventurous? Try a boost of NingXia

FIREBALL

- 30 millilitres NingXia Red beverage
- 2 drops Cinnamon Bark Vitality™ essential oil
- 1 drop Clove Vitality essential oil

RISE AND SHINE

- 30 millilitres NingXia Red beverage
- 1 drop Citrus Fresh™ Vitality essential oil blend
- 1 drop Lime Vitality essential oil

PUMP IT UP

- 30 millilitres NingXia Red beverage
- 1 drop Grapefruit Vitality essential oil
- 1 drop Lemon Vitality essential oil
- 1 drop Peppermint Vitality essential oil

HEALTHY GLOW

- 30 millilitres NingXia Red beverage
- 1 drop Thieves® Vitality essential oil blend
- 1 drop Tangerine Vitality essential oil

REJUVENATE

- 30 millilitres NingXia Red beverage
- 1 drop JuvaCleanse™ Vitality essential oil blend
- 1 drop Parsley Vitality essential oil
- 1 drop Lemon Vitality essential oil

Looking for creative ways to mix it up with your NingXia Red® beverage and other great Young Living essential oils? Here are a few suggestions to serve as your jumping-off point. Be sure to follow label directions when it comes to the amounts you add to your boost.



NingXia Red

JELLIES

INGREDIENTS:

- 1 cup NingXia Red beverage
- 1½ teaspoons agar agar powder
- 4 teaspoons honey
- 3 drops Grapefruit Vitality essential oil
- 3 drops Lime Vitality essential oil
- Silicone molds



DIRECTIONS:

1. Combine the NingXia Red beverage, agar agar powder, and honey in a saucepan. Heat on medium-high and mix with a metal spoon until fully dissolved.
2. Once boiling, remove from the heat immediately and stir in the essential oils. Add honey to taste for sweetness. The mixture should be almost too sweet, since the taste will mellow as it cools.
3. Pour the mixture into the silicone molds.
4. Let the molds cool in the refrigerator for at least an hour or until set.
5. Keep any leftovers in the fridge or a cool place.
6. Enjoy!

Start Today



NingXia Red Bottles

NingXia Red® is a delicious way to start your day! This exclusive drink is packed with powerful antioxidants to promote healthy energy levels and help against oxidative stress. Each bottle is 750ml.

(Available in a 2-pack)

Wholesale price:	R1,089.00
Retail price:	R1,433.00
PV:	75
Item No.:	304238



NingXia Red Singles

NingXia Red® Single are an easy and convenient way to start your day with a delicious drink packed with powerful antioxidants to promote healthy energy levels and help against oxidative stress. Each sachet is 60ml.

(Available in a 30-pack)

Wholesale price:	R1,433.00
Retail price:	R1,788.00
PV:	93.75
Item No.:	352538



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