

# MAKE A SHIFT

## WITH NINGXIA RED

Big lifestyle changes start small. NingXia Red is the perfect start to making healthier choices for your body until living well becomes a natural part of your everyday life. Take the first steps with us over the next 14 days.

## LET'S GET STARTED!

This 14-day wellness reset is designed to harness the superfruit power of NingXia Red® drinks.

1.

### Take the first sip towards a life shift.

Days 1–3: Drink up to 2 pouches (120mls) 3 times a day.

Days 4–14: Drink 1 pouch (60mls) up to 3 times a day.



2.

### Discover the science and wellness benefits.

Check out our clinical study and NingXia e-book to learn how NingXia Red® can:

- ✓ Reduce daily stress significantly to improve mental well-being\*
- ✓ Increase physical energy levels\*
- ✓ Support a healthy inflammation response\* and more!



3.

### Weave healthy habits into your day.

Add an extra veggie, keep that water bottle close, move a bit daily, and sprinkle in self-care.



4.

### Track, evaluate, and share your progress.

Before you begin, take a photo or video to document your progress. Sharing your journey with friends boosts your confidence and invites others to support you.



5.

### Transform your healthy lifestyle.

To learn more about the Make a Shift: Reset™, scan the QR code.



By embarking on this NingXia powered wellness journey, you are making a shift towards leading a healthier lifestyle that leaves you feeling energetic and ready for each new day.

\*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.