

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.*

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*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 STORY



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!*



NingXia
Province, China

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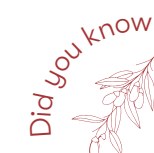
The Ningxia Wolfberry

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?



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></div> <p>WHY YOU’LL CRAVE THE NINGXIA RED[®] BEVERAGE</p> <ul style="list-style-type: none">So rich in nutrients that it’s often called a superfruitHigh in fiber and proteinProtein content is approximately 13 percentContains all the essential amino acidsGreat whole-food source of potassiumHigh in antioxidants*

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†

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® 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:	
<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. 	<p>Enjoy this refreshing midday snack packed with immune support.*</p>

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 1–2 ounces 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.
- Combine it with the NingXia Nitro® beverage for a drink that supports cognitive wellness.*
- 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.

Did you know



Ningxia Red is naturally sweetened

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







NingXia GreensTM

SUPPLEMENT

With the NingXia Greens powdered supplement, getting your daily dose of fruits and greens is as simple as scooping our superfood powder into your favorite drink. We’ve combined more than 60 fruits, vegetables, herbs, algae, and mushrooms in one easy serving.

HOW TO SERVE THE NINGXIA GREENS SUPPLEMENT	CERTIFICATIONS
<div></div> <p>Simply mix 1 scoop in the beverage of your choice. This could include NingXia Red®, a protein shake, or your favorite smoothie.</p>	<div></div>

FEATURES AND BENEFITS

- Packs 2–3 servings of fruits and vegetables in every scoop
- Supports a healthy immune system, digestive health, and provides a boost of energy*
- Delivers a powerful dose of antioxidants, vitamins, minerals, and other important phytonutrients
- Features our MultiGreensTM proprietary oil blend, originally formulated by D. Gary Young
- Contains more than 60 nutrient-rich vegetables, fruits, herbs, algae, and mushrooms
- Contains no artificial colors, flavors, fillers, sweeteners, or added sugars

DID YOU KNOW

The NingXia Greens formula uses wolfberry fruit powder and sprouted leaves. These newly grown leaves have been used as both food and tea in traditional Chinese medicine for centuries. Like the wolfberries, these leaves are high in antioxidants, adding to the quantity found in the NingXia Greens formula.

NingXia Greens SMOOTHIE BOWL

INGREDIENTS:



1 frozen
banana



$\frac{1}{2}$ cup
ice



1 scoop
Ningxia Greens



1 scoop
Young Living
Powermeal



$\frac{1}{2}$ cup
milk of choice



$\frac{1}{2}$ avocado

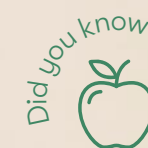
DIRECTIONS:

1. Add ingredients to a high-powered blender. Blend until the consistency is thick and creamy.
2. Pour into a bowl and top with fruit, granola, nuts, or any other toppings of your choice.

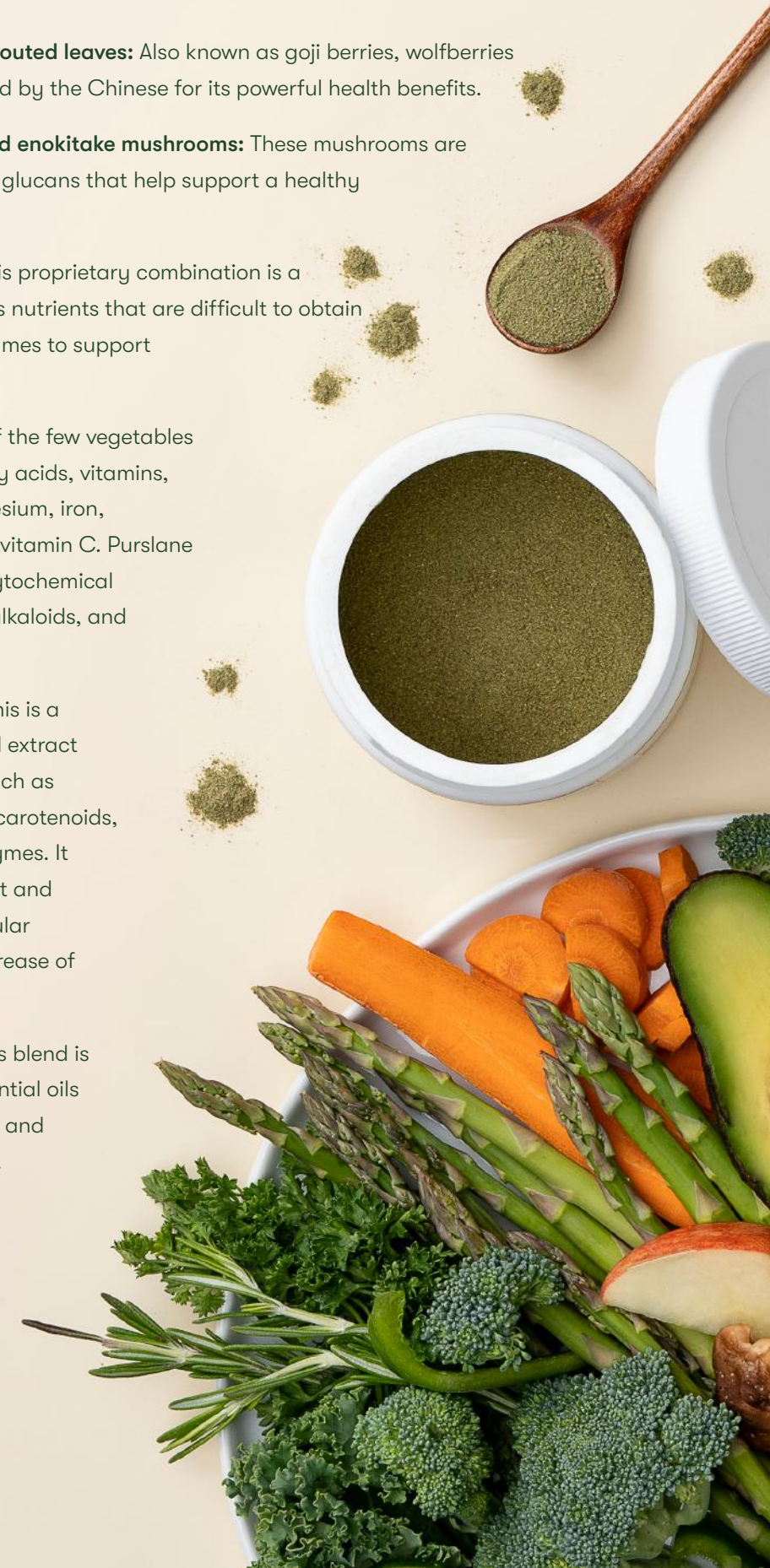


WHAT'S IN THE NINGXIA GREENS™ FORMULA?

- **Ningxia wolfberry fruit powder and sprouted leaves:** Also known as goji berries, wolfberries come from an ancient plant long praised by the Chinese for its powerful health benefits.
- **Maitake, reishi, turkey tail, shiitake, and enokitake mushrooms:** These mushrooms are a source of soluble fiber known as beta glucans that help support a healthy immune system.*
- **NingXia Greens™ proprietary blend:** This proprietary combination is a fermented superfood blend that delivers nutrients that are difficult to obtain with a typical diet. It also contains enzymes to support optimal digestion.*
- **Purslane:** This edible succulent is one of the few vegetables that's rich in plant-based omega-3 fatty acids, vitamins, and minerals—including copper, magnesium, iron, manganese, potassium, vitamin E, and vitamin C. Purslane is also a uniquely rich source of 184 phytochemical compounds, including phenolic acids, alkaloids, and flavonoids, which act as antioxidants.*
- **Secale cereale flower pollen extract:** This is a non-allergenic and sustainably sourced extract that contains full-spectrum nutrients such as amino acids, phytosterols, fatty acids, carotenoids, flavonoids, vitamins, minerals, and enzymes. It is clinically shown to display antioxidant and detoxifying capacity and maintain cellular oxidative stress through significant decrease of GSSG (oxidized glutathione).*
- **MultiGreens™ proprietary oil blend:** This blend is the same combination of premium essential oils originally formulated by D. Gary Young and found in our MultiGreens™ supplement.



Only 1 in 10 Americans eats the recommended number of fruits and vegetables.





NingXia Nitro[®]

BEVERAGE

Support your body and mind with the NingXia Nitro beverage! This delicious wolfberry drink is infused with essential oils, aromatic plant extracts, D-ribose, Korean ginseng, and green tea extract to increase cognitive fitness, enhance mental fitness, and support overall performance. When you need a premium pick-me-up, turn to the NingXia Nitro drink to improve your physical performance, increase your overall energy reserves, and enhance your mental fitness.*

FEATURES AND BENEFITS

- Supports mental alertness*
- Supports cognitive fitness*
- Supports both body and mind*
- Enhances mental fitness*
- Contains naturally occurring caffeine and Bioenergy D-ribose to support athletic performance and endurance*
- Enhances physical performance*
- Bioenergy D-ribose supports physical performance and recovery and increases overall energy reserves*

WHY IS IODINE IMPORTANT?

While Iodine is an essential mineral for your health, it can be tricky to get enough of it since your body doesn’t produce it. Iodine must be consumed from an outside source through food or a supplement. The thyroid relies on iodine to produce hormones that control many bodily functions.

In the past, U.S. salt companies began adding iodine to their salt to combat iodine deficiency. With the rise of low-sodium diets, many people are on the lookout for a healthier source of iodine. Fortunately, just one small tube of NingXia Nitro contains 75 mcg of pure iodine—50 percent of the recommended daily value for an adult.

DID YOU KNOW?



NingXia Nitro delivers a much-needed boost to your physical performance and mental reserves with only 40 mg. of naturally occurring caffeine from green tea leaf extract.

CERTIFICATION



NINGXIA NITRO INGREDIENTS:	
<div>Nitro Juice Blend</div> <div>    </div> <div> <div>Blueberry</div> <div>Cherry</div> <div>Acerola</div> </div>	<div>Nitro Alert Blend:</div> <ul style="list-style-type: none"> Premium essential oils: This blend features Vanilla, Spearmint, Peppermint, Black Pepper, and Nutmeg essential oils. Yerba mate: An antioxidant-rich herbal tea that's native to South America. Wolfberry seed oil
<div>Nitro Energy Blend:</div> <ul style="list-style-type: none"> Korean ginseng: This variety is considered the most powerful of the ginsengs from Asia. Green tea extract: Known as a central nervous system stimulant, green tree extract contains D-ribose and catetchins.* Choline: Classified as an essential nutrient, choline is known as a building block for neurotransmitters and acetylcholine and as an essential component of the cell membrane.* Mulberry leaf extract: This extract contains many important plant-derived compounds. D-Ribose: This ingredient helps simulate the body's natural energy production by replenishing ATP levels and increasing energy production and sustainability.* 	

NOTEWORTHY VITAMINS AND MINERALS:		
<ul style="list-style-type: none"> Vitamin B3: Also known as niacin, vitamin B3 has been significantly studied, and research shows that it supports overall good health. Niacin may help support a healthy cardiovascular system, metabolism, brain function, and skin formation and may even help maintain healthy blood sugar levels in a normal range.* 	<ul style="list-style-type: none"> Vitamin B6: Vitamin B6 helps support a healthy nervous system, maintain healthy blood sugar levels, promote positive mood, and provide energy from the food that we eat. It even helps support a healthy immune system by supporting the production of antibodies.* 	<ul style="list-style-type: none"> Vitamin B12: This vitamin has been shown to support the brain and help with blood cell production. Better blood oxygen means better brain function. B12 protects and enhances nerve and cognitive function. It can also help support energy levels, healthy memory, and cognitive function.

Feeling adventurous? Try a boost of NingXia

FIREBALL

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

RISE AND SHINE

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

PUMP IT UP

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

HEALTHY GLOW

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

REJUVENATE

- 1 ounce 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 Zyng[®]

BEVERAGE

The NingXia Zyng beverage is a refreshing, lightly carbonated drink that combines Ningxia wolfberry puree, pear and blackberry juices, and essential oils with naturally occurring caffeine from white tea leaf extract for an energizing boost. It's a light, sparkling beverage that delivers a splash of hydrating energy.* This Young Living beverage contains the same wolfberry puree used in our NingXia Red[®] superfruit drink, alongside a proprietary blend of premium Black Pepper and Lime essential oils, delivering a refreshing, light flavor.

WHAT GIVES THIS BEVERAGE ITS ZING AND HYDRATING ENERGY?

Naturally occurring caffeine obtained from white tea extract helps provide energy without the negative side effects that you experience with synthetic caffeinated sodas and energy drinks. We then add Lime and Black Pepper essential oils to give the NingXia Zyng beverage its naturally hydrating energy, as well as sparkling water and vitamins A, E, and B for delicious, vitamin-infused refreshment.*

The NingXia Zyng formula also includes wolfberry puree obtained from the fruit, skin, and seeds of Ningxia wolfberries, which have been used and revered throughout Asia for more than 600 years.



Lime



Black Pepper

CERTIFICATIONS



Zyng is a guilt-free sparkling drink that invigorates the body without artificial flavors, colors, sweeteners, or preservatives, delivering lots of refreshment with little carbonation.

DID YOU KNOW

35

calories
per can

35_{mg}

of naturally occurring caffeine
from white tea extract.



ORGANIC DRIED Wolfberries

Need a snack? Enjoy the benefits of Ningxia wolfberries! Analyses by biochemists at the Ningxia Institute of Nutrition found that the wolfberry is one of the most nutrient-dense foods on the planet. You can use these organic dried berries in so many ways.

USES



CERTIFICATIONS



NINGXIA FROM SUNUP TO SUNDOWN

MORNING	AFTERNOON	NIGHT
NINGXIA GREENS in your smoothie	NINGXIA BOMB Ningxia Red + Ningxia Zyng + Ningxia Nitro	NINGXIA RED+ LAVENDER VITALITY Lavender Vitality not only adds a delicate floral flavor to Ningxia Red, it also promotes calm, peaceful feelings when taken internally. It supports general wellness and a healthy immune system. Try a glass whenever you're settling down to unwind!



Ningxia Bomb

2 ounces Ningxia Red

1 Ningxia Zyng

1 Ningxia Nitro

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 Premium Starter Bundle

The Premium Starter Bundle with NingXia includes nutrient-rich, powerful products to help support overall health and wellness at a great value.



NingXia Red
2-pack



NingXia Red Singles,
30 ct.



NingXia Nitro®,
14 ct.

Retail/wholesale price: \$145 | PV: 100 | Item No.: 42763

NingXia Red Loyalty Rewards

Get your monthly dose of our NingXia Red® drink! This exclusive beverage is packed with powerful antioxidant-providing superfruits that promote healthy energy levels and help against oxidative stress.



NingXia Red
750 ml bottles, 4 ct.



NingXia Red Singles,
30 ct.

Retail/wholesale price: \$210 | PV: 210 | Item No.: 4893

NingXia Red Combo Pack

The NingXia Red® Combo Pack is the best of both worlds: Two full-sized 750 ml bottles and a 30-pack of 2-ounce singles. With these options, you can enjoy our NingXia Red drink at home, on the road, and anywhere in between!



NingXia Red
2-pack



NingXia Red Singles,
30 ct.

Wholesale price: \$170.75 | Retail price: \$224.67 | PV: 170.75 | Item No.: 4710



NingXia Red

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. Available in a 2-pack, 4-pack, 6-pack, or 8-pack.

Wholesale price:	\$82	\$147	\$216.50	\$281.50
Retail price:	\$107.89	\$193.42	\$284.87	\$370.39
PV:	82	147	216.50	281.50
Item No.:	3042	3044	3045	3046



NingXia Greens

Meet our mushroom, fruit, and vegetable powder: NingXia Greens™, a one-scoop solution to health and wellness.

Wholesale price:	\$46.75
Retail price:	\$61.51
PV:	46.75
Item No.:	41064



NingXia Red Singles

NingXia Red® Singles 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. 2 oz. each, available in 30 ct., 60 ct., or 90 ct.

Wholesale price:	\$97.75	\$190.25	\$283.25
Retail price:	\$128.62	\$250.33	\$372.70
PV:	97.75	190.25	216.50 283.25
Item No.:	3525	3526	3523



NingXia Zyng | NingXia Zyng, 12 cans

NingXia Zyng® is a refreshing, lightly carbonated drink that combines Ningxia wolfberry puree, pear and blackberry juices, and essential oils with naturally occurring caffeine for an energizing boost.*

Wholesale price:	\$40.25
Retail price:	\$52.96
PV:	30
Item No.:	3071



NingXia Nitro | NingXia Nitro, 14 tubes

NingXia Nitro® is a delicious, energizing wolfberry drink infused with essential oils, botanical extracts, D-ribose, Korean ginseng, and green tea extract to support alertness and cognitive and physical fitness.

Wholesale price:	\$44.50
Retail price:	\$58.55
PV:	44.50
Item No.:	3064



Ningxia Organic Dried Wolfberries

Ningxia Organic Dried Wolfberries are a sweet, organic snack from nature that’s easy to make a part of your daily diet.*

Wholesale price:	\$28.50
Retail price:	\$37.50
PV:	23
Item No.:	6360

Stock levels may vary. Please visit youngliving.com/NingxiaUS for product availability.



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YoungLiving.com

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