

Whether you are a regular exerciser, a new exerciser or a hard core athlete, Young Living has products to help you with your routine! Young Living has products that support a healthy body and help with athletic recovery as well as the stress and typical discomfort that comes from a good, healthy work out (Or an all-out body blaster!)

The products are divided into three categories: Support, Recovery and Weight Loss

**Support products**

**Powergize** - Inspire your inner athlete with PowerGize™! This supplement—infused with Blue Spruce, Goldenrod, and Cassia essential oils—is specially formulated to help individuals of all ages boost stamina and performance. \* With botanicals from around the world, PowerGize helps sustain energy levels, strength, mental and physical vibrancy, and vitality when used in addition to physical activity. \*

PowerGize is also formulated with KSM-66, a premium ashwagandha root extract, which is touted for its properties that support immunity, mental clarity, concentration, and alertness. Its custom formula helps support the male reproductive system. \*

**Pure Protein Complete** - Pure Protein Complete is a comprehensive protein supplement that combines a proprietary 5-Protein Blend, amino acids, and ancient peat and apple extract to deliver 25 grams of protein per serving in two delicious flavors, Vanilla Spice and Chocolate Deluxe.

Its foundation of cow and goat whey, pea protein, egg white protein, and organic hemp seed protein provide a full range of amino acids including: D-aspartic acid, Threonine, L-serine, Glutamic acid, Glycine, Alanine, Valine, Methionine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Proline, Hydroxyproline, Cystine, Tryptophan, and Cysteine. Along with a proprietary enzyme blend, these amino acids support overall protein utilization in the body.

Ancient peat and apple extract, along with a powerful B-vitamin blend, complete the formula. Together they support ATP production, the energy currency of the body. This innovative formula makes Pure Protein Complete the perfect option for those looking for a high protein supplement that features a full range of amino acids. \*

• Excellent source of protein  
• Optimal 5-Protein Blend  
• Protein Boost  
• Supports the body’s need for protein  
• Provides a full range of Amino Acids including: D-aspartic acid, Threonine, L-serine, Glutamic acid, Glycine, Alanine, Valine, Methionine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Proline, Hydroxyproline, Cystine, Tryptophan, and Cysteine  
• Protein metabolism support  
• elevATP or Ancient peat and Apple extract supports ATP production, the energy currency of the body  
• Offers 25 grams of protein  
• No trans fat  
• rBGH-Free Whey  
• Soy-Free  
• High in Protein  
• Supports muscular system  
• Supports body in building lean muscle  
• Supports ATP production  
• Delivers amino acids  
• Supports energy levels  
• Post-workout muscle recovery

**Peppermint essential oil** - Fresh, nostalgic, and instantly recognizable, Peppermint essential oil’s scent invigorates the mind and senses, while inspiring a sense of peace. Used topically, Peppermint oil creates a cool, tingling sensation on the skin, making it a favorite for sports massage and an important part of Young Living’s Raindrop Technique®.

When your day is dragging—through a workout, class, or day at work—enjoy some Peppermint oil benefits by applying it to your head and neck. The refreshing aroma will give you a boost of positivity! Peppermint is also a great option for diffusing on its own or with compatible scents such as Lavender, Rosemary, Spearmint, or Sage!\*

**Amino Wise** - Optimize your workout recovery with the triple-targeted formula of AminoWise™. It uses three blends for one powerful result: The Muscle Performance blend aids muscle building and repair, the Recovery blend helps reduce muscle fatigue, and the Hydration Mineral blend replenishes important minerals lost during exercise. Simply mix 1 scoop with water and drink immediately after your workout to ensure that you’re getting the most out of your hard work.

AminoWise was developed and formulated to fill a need within the nutritional product line as a during and after-work out replenishing boost for the muscles. With a hydrating blend of minerals that are lost during exercise and with no added sugars, artificial sweeteners, preservatives, or artificial colors or flavors, AminoWise is a standout in the field of workout supplementation\*.

Benefits & Features

A synergistic complex of amino acids and antioxidants that helps with fatigue and enhances muscle recovery during and after exercise

A complex of antioxidants and minerals formulated to help reduce lactic acid induced by exercise

Formulated to aid in reducing muscle fatigue

Helps support the muscles during and after exercise to enhance recovery and performance

Helps support the production of nitric oxide, which can improve vascular blood flow

Contains branched chain amino acids, which have been shown to aid in preventing muscle catabolism from exercise

Formulated to support hydration by replenishing important minerals lost during exercise

Good source of vitamin E and zinc

Formulated with wolfberry powder

Flavored with Lemon and Lime essential oils

No preservatives, synthetic colors, or artificial flavors

No added sugar or artificial sweeteners

**Ningxia Red** - Add a daily shot of NingXia Red® to your diet to enjoy the benefits of this powerful, whole-body supplement. This sweet and tangy drink’s formula includes wolfberry, which is touted for its health benefits. Also featuring plum, aronia, cherry, blueberry, and pomegranate juices and extracts, Young Living’s NingXia Red is packed with superfoods to support overall wellness.

In addition to these antioxidant ingredients, NingXia Red’s formula includes pure vanilla extract and Lemon, Orange, Yuzu, and Tangerine essential oils for a great-tasting, healthy treat.\*

Young Living NingXia Red benefits include support for energy levels, normal cellular function, and whole-body and normal eye health. A daily shot of 2–4 ounces helps support overall wellness with powerful antioxidants.\*

**Ningxia Nitro** -When you need a midday boost, it’s easy to reach for things like soda and energy drinks. Skip the sugary solution and reboot with an option from Young Living. With NingXia Nitro™, you’ll get a quick pick-me-up without the sugar or caffeine overload. Infused with essential oils, botanical extracts, D-ribose, Korean ginseng, and green tea extract, NingXia Nitro supports alertness, as well as cognitive and physical fitness.\*

A great support for body and mind wellness, use NingXia Nitro for running, weightlifting, or getting through your afternoon slump. The naturally occurring caffeine in Young Living’s NingXia Nitro supports normal energy levels and alertness to help you with a busy day or a tough workout.\*

**BLM** - BLM™ supports normal bone and joint health.\* This formula combines powerful natural ingredients, such as type II collagen, MSM, glucosamine sulfate, and manganese citrate, enhanced with therapeutic-grade essential oils. These ingredients have been shown to support healthy cell function and encourage joint health and fluid movement.\*

**Agilease** - Especially beneficial for athletes, as well as middle-aged and elderly people who may experience a natural, acute inflammation response in their joints after exercise, AgilEase™ is a joint health supplement that’s perfect for healthy individuals who are looking to gain greater mobility and flexibility through the reduction of inflammation.

We used unique and powerful ingredients such as frankincense powder, UC-II undenatured collagen, hyaluronic acid, calcium fructoborate, and a specially formulated proprietary essential oil blend of Wintergreen, Copaiba, Clove, and Northern Lights -support joint health or as a preventative measure to protect joint and cartilage health.\*

**Sulfurzyme** - Sulfurzyme® combines wolfberry with MSM, a naturally occurring organic form of dietary sulfur needed by our bodies every day to maintain the structure of proteins, protect cells and cell membranes, replenish the connections between cells, and preserve the molecular framework of connective tissue.\* MSM also supports the immune system, the liver, circulation, and proper intestinal function and works to scavenge free radicals.\* Wolfberries contain minerals and coenzymes that support the assimilation and metabolism of sulfur.\*

**Recovery and comfort products**

**Deep Relief** - Young Living Deep Relief™ Roll-On makes essential oils such as Peppermint, Wintergreen, Dorado Azul, and Helichrysum convenient for a fast-paced lifestyle. This blend of popular oils is a great companion for your trips to the gym and busy daily routine.

Oils such as Peppermint and Wintergreen provide a refreshing, cooling sensation during or after a workout, with an invigorating scent that inspires an upbeat and energetic approach to whatever keeps you active. The convenient roll-on packaging makes this product an easy addition to your gym bag or purse so you can reach for it whenever you like. \*

**Cool Azul Pain Cream** - Young Living’s Cool Azul™ Pain Relief Cream provides cooling relief from minor muscle and joint aches, arthritis, strains, bruises, and sprains. Our plant-based formula combines the power of Wintergreen essential oil with our exclusive Cool Azul essential oil blend. With two powerful, synergistic active ingredients, this cream provides pain-relieving benefits in two ways: methyl salicylate found in Wintergreen helps alleviate pain deep in the muscles and joints, and natural menthol found in Peppermint provides a cooling effect. If you need relief without synthetic ingredients, Young Living’s Cool Azul Pain Relief Cream is the answer!

**Aroma Siez** -A key Young Living blend, Aroma Siez™ combines the soothing and relaxing properties of Lavender and Peppermint. \*

**Panaway** - PanAway® essential oil is a popular blend formulated by Young Living Founder D. Gary Young that has a refreshing, invigorating aroma and cooling sensation when applied to the skin. PanAway oil is a combination of Wintergreen, Helichrysum, Clove, and Peppermint essential oils. Popular PanAway® oil uses include applying it to tired muscles after exercise or to the neck and back any time of day to enjoy its soothing and stimulating aroma. PanAway oil is one of Young Living's most effective and popular products and is a must-have for every home! \*

**Weight Loss – The Slique Line**

The Slique line of products was created by Gary Young to support healthy weight loss. By working with the body to help curb appetites, increase metabolism, and support detoxification, these products are a terrific support to any weight loss program. Here is just a sampling of some of the products in the Slique line. Please go to YoungLiving.com for more information.

**Slique Citrislim** - Slique® CitraSlim™ is formulated with naturally derived ingredients to promote healthy weight management when combined with a balanced diet and regular exercise. \*

Slique CitraSlim also includes a proprietary citrus extract blend, which some studies suggest may help support the body in burning excess fat when used in conjunction with a healthy weight-management plan.\* This polyphenolic mixture of flavonoids offers powerful antioxidants that are touted for their health benefits.\* This blend may also support the release of free fatty acids, which help break down fat.\*

Slique CitraSlim features a two-capsule formulation in a convenient dual-serving daily sachet:

Once-Daily Liquid Capsule  
The liquid capsule delivers pomegranate seed oil, Lemongrass, Lemon Myrtle, and Idaho Balsam Fir essential oils. This blend is high in citral, which is a constituent that may increase metabolic activity. \*

Powder Capsules  
Three power-packed powder capsules contain a proprietary citrus extract blend, cinnamon powder, bitter orange extract, fenugreek seed, ocotea leaf extract, and a customized blend of enzymes and four essential oils: Ocotea, Cassia, Spearmint, and Fennel. \*

**Slique Shakes** - Slique® Shake is a complete meal replacement shake that provides quick, satisfying, and delicious nutrition. Formulated with Slique Essence Essential Oil Blend, this shake may support healthy weight management when combined with regular exercise and a sensible diet. \* In a convenient single-serving size packet, it’s easy to slip into a purse or pocket for healthy eating on the go.

Slique Shake’s berry flavor is great on its own or mixed with almond milk or fruit, and its vegan formula contains no artificial colors, flavors, preservatives or GMO ingredients. Instead, Slique Shake is naturally sweetened with Stevia, organic coconut palm sugar, wolfberries, and strawberries. The formula also includes pea protein, quinoa, wolfberry, pumpkin seed protein, and alfalfa grass juice, making it not only a tasty protein shake but an excellent source of dietary fiber as well. Slique Shake also includes a fruit and vegetable blend that provides essential vitamins and minerals that many meal replacement options don’t offer. \*

**Slique Tea** - Slique Tea is an exotic drink from Young Living that has been formulated with natural ingredients to help support individual weight goals. \* This blend is rich in flavonoids, a dietary compound generally associated with helping maintain certain normal, healthy body functions. It also contains polyphenols, which may be useful as part of a guilt-free weight-management regimen when combined with a healthy diet and physical activity. This unique blend is enhanced with 100% pure therapeutic grade Frankincense powder.\*

**Slique Bars** – Comes in two flavors! This is the chocolate. Members have always enjoyed Slique® Bars as a delicious weight-management tool that utilizes a dual-target approach to help manage satiety. Now this innovative bar is coated in delicious dark chocolate!

To support any weight-management plan, Slique® Bars are loaded with exotic baru nuts and wholesome almonds, which promote satiety when combined with protein and fiber. We also use a potato skin extract that, when ingested, triggers the release of cholecystokinin in the body, increasing the duration of feelings of fullness.

Slique® Bars deliver essential nutrients from a unique superfruit blend of goldenberries and wolfberries, plus pure Cinnamon, Vanilla, and Orange essential oils. This dual-target satiety approach and medley of exotic fruits, nuts, and potato skin extract create a nutritious, stimulant-free snack to help you feel fuller, longer. \*

• High in fiber  
• Gluten-free  
• No trans-fat  
• No preservatives  
• Manages satiety.  
• Potato skin extract triggers the release of cholecystokinin (CCK) in the body, increasing the duration of feelings of fullness.  
• A mix of exotic nuts and berries, featuring baru nuts, goldenberries, and wolfberries, delivers delicious taste and promotes fullness when combined with protein and high levels of fiber.  
• A proprietary essential oil blend of Cinnamon, Vanilla, and Orange essential oils helps moderate cravings.

\*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.

**Visit HealthyLivingWithSusanJohnson.com for more information on Young Living products.**