

# Staying Young with Young Living

Young Living offers 600+ essential oils and oil-infused products to help support EVERY system in your body.

## Stay Young with NingXia Red

### NingXia Red

NingXia Red is the perfect whole-body supplement for everyone, no matter the age!

The Ningxia wolfberry is one of the highest whole food sources of potassium and fiber, and is grown in a region of China near the Himalayan Mountains known to be one of the richest sources of other minerals and organic nutrients found on earth. It has been used for thousands of years to support longevity, immune function, and to aid in the natural detoxification of the body.

A study done in the population of people living in the valley where most of the Ningxia wolfberries are consumed showed that 80 persons per million people were over the age of 100 in that area compared to 5 persons per million in the rest of China.\*

NingXia Red can help prevent oxidative stress, support eye health, and provide energy throughout the day. It is delicious on its own, in a smoothie, or with a few drops of your favorite dietary essential oils.



\*Statistic taken from "A Doctor's Guide to Essential Rewards"

## Continue to support your family's wellness every month and... **Get the Best Deal!**

Who wants to pay full price when you can get the same thing at a discount?

Young Living has several options to help you get started and snag the best deal possible. Even if you already have your own Young Living account, there are still some money-saving tricks you need to know!

Shoot me a message and I can walk you through the options.



Young Living  
*Independent Distributor*

Contact me at:

# Aging Gracefully with Young Living



# Energy & Stamina

## Vitality Essential Oils

Peppermint and Black Pepper have been shown to support healthy circulation and promote increased energy. Add a drop or two to your NingXia Red daily.



## MultiGreens

This supplement will give you more mental clarity, pep in your step, and improved stamina overall.

MultiGreens is a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous, and circulatory systems. MultiGreens is made with spirulina, alfalfa sprouts, barley grass, bee pollen, eleuthero, Pacific kelp, and therapeutic-grade essential oils.

## Exercise

Exercise has been shown to increase blood flow in your body as well as reduce the risk of stress, anxiety, and many diseases including cardiovascular disease, type 2 diabetes, Alzheimer's disease, dementia, and even some cancers!\*

### Peppermint Oil Uses:

- Cool fatigued muscles after physical activity when applied topically
- Produce a focused environment when diffused
- Create an invigorating and refreshing experience when inhaled
- Relieve head tension when applied topically



*\*\*Always consult with your doctor before beginning any exercise program.*

# Heart Health & Circulation

## CardioGize

CardioGize is a supplement that helps support a higher quality of life, healthy heart function, and proper blood circulation with essential oils and a balanced, heart-healthy combination of herbs and compounds.



## Focus & Concentration



## OmegaGize<sup>3</sup>

OmegaGize3 combines synergistic ingredients that when used daily, support normal brain, heart, eye, and joint health.\*

Omega-3 fatty acids, Vitamin D-3, and CoQ10 (ubiquinone) work with the essential oils to create an omega-3, DHA-rich fish oil supplement.

## MindWise

Made with exotic sacha inchi seed oil, acai puree, pomegranate juice and extract, turmeric, essential oils, and more, MindWise supports your brain and heart with medium-chain triglycerides and a high proportion of omega-3 fatty acids. YL also included vitamin D3 and the proprietary MindWise memory blend—made with bioidentical CoQ10, ALCAR, and GCP—to deliver even more brain and heart support. Its exotic seeds, berries, and juice extracts give it a flavor you will love. This product is available in a liquid multi-use bottle or convenient single-use sachet packets.



# Mobility & Flexibility

## Agilease

Agilease is a joint health supplement that's perfect for healthy individuals who are looking to gain greater mobility and flexibility. Take daily to support joint health or as a preventative measure to protect joint and cartilage health.



Young Living uses 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 Black Spruce — oils that are known for their joint health benefits.



## BLM

BLM supports normal bone and joint health.\* This formula combines powerful all-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.\*

## Cool Azul Pain Relief Cream

Young Living's Cool Azul™ Pain Relief Cream provides cooling relief from minor muscle and joint aches, arthritis, strains, bruises, and sprains.

Have pain? PUT THIS ON! A little goes a long way and it works FAST!

Methyl salicylate found in Wintergreen helps alleviate pain deep in the muscles and joints, and natural menthol found in Peppermint provides a cooling effect.



*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*