



# GET TO KNOW NINGXIA RED

## WHY YOU NEED IT:

Honestly, we're better people when we drink it. Sound a little far-fetched? Think about it. Do cars run better when fueled by the right gas? Yep. Yet we often expect our bodies to run on second-rate, processed, non-fuel. We get worn out, our digestive systems get tired, our cells get dirty, and we need something we can assimilate quickly and easily to go to work. NingXia gives our bodies the boost that we need!

## HOW TO USE IT:

We drink 2-4 ounces daily. (Yep, even kids!) You can drink it straight as a 2 oz. shot any time of day, or add some favorite Vitality oils like Tangerine, Lemon, or Grapefruit for an added boost! There are dozens of drink recipes and creative ways to drink Ningxia. You can freeze it as a popsicle, add it to a spritzer, or drink it mixed with water and our delicious Vitality Drop drink flavors!

## EMOTIONAL BENEFITS:

Both NingXia Red and NingXia Wolfberries are full of antioxidants which are essential when we are processing stress or trauma, and they are particularly helpful when feeling Overwhelm, Grief or Fear. Relieving the physical oxidative stress on the body facilitates emotional healing. Further, both are soothing and can bring a sense of security in the morning when it's hard to get up and face the day. Antioxidants really help promote the movement of grief through the body!

### Features & Benefits

- Clinically shown to:
  - Provide energy support without caffeine\*
  - Increase physical energy levels significantly while reducing physical limitations\*
  - Support whole-body health and wellness\*
  - Improve sleep patterns, increasing time asleep\*
  - Reduce daily stress significantly to improve mental well-being\*
- Provides a delicious infusion of superfruits and essential oils
- Features a fruity, tangy taste kids will love

**1 oz. of NingXia Red's antioxidant power is equal to...**

- > 4 lbs. carrots
- > 2 quarts carrot juice
- > 8 oranges
- > 1 pint orange juice
- > 2 lbs. beets
- > 3 cups beet juice
- > 3 cups raspberries
- > 2 cups blueberries

NingXia Red also contains 18 amino acids, 21 trace minerals, 6 essential fatty acids and vitamins B1, B2, B6 and E.

