



Fit For Life Newsletter

Recipe of the Month

Ningxia Red Shot (Who let the Dogs Out?)

1 drop each of Lemon, Frankincense, and Cinnamon Bark

2 drops Tangerine

2 oz Ningxia Red

Put a small amount of NR in the shot glass, add the oils, fill shot glass with NR. Drink. YUM!!

This is my favorite from the Young Living conference 2010

Health tip of the Month

Young Living composed **True Source™** with dried superfood powders, whole food vitamins and minerals, and other nutrients. The result is an impressive formulation that will change the way you look at daily multivitamins. True Source supplies a broad spectrum of what you've come to expect in a multivitamin - B vitamins, vitamins A, C, D, E and K, folic acid, selenium, zinc, potassium, iodine, and magnesium.

True Source Green, Yellow & Purple:

Vitamin A (as alpha and beta carotene): 333.34 IU, Vitamin C (as ascorbic acid) from oranges: 20mg, Vitamin D (as cholecalciferol): 220 IU, Vitamin E (as mixed tocopherols): 6.67 IU, Vitamin K (as phytonadione): 33.6 mcg, Thiamin (vitamin B1 as mononitrate): .57mg, Riboflavin (vitamin B2): .87mg, Niacin (as niacinamide) (vitamin B3): 11.7mg, Vitamin B6 (as pyridoxine HCl): 2 mg, Vitamin B6 (as pyridoxal-5-phosphate): .67 mg, Folate (as folic acid): 233.34 mcg, Vitamin B12 (as methylcobalamin): 3.34mg, Biotin (as biotin yeast): 100 mcg, Pantothenic acid (as calcium pantothenate) (vitamin B5): 2.67mg, Iodine (as potassium iodide): 55mcg, Magnesium (as magnesium oxide): 16.67mg, Zinc (from zinc yeast complex): 1.67mg, Selenium (from selenium yeast complex): 30 mcg, Copper (from copper yeast complex): .134 mg, Chromium (from chromium yeast complex): 6.67 mcg. Contains 30 Daily Packets. How to use: Take 1 of each color capsule daily. Capsules can be taken separately or combined together in 1 daily dose. Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use. Keep in a cool, dry place. Do not expose to excessive heat or direct sunlight.

True Source Green

Vitamin A (as alpha and beta carotene), vitamin C (as ascorbic acid), vitamin D (as cholecalciferol), vitamin E (as mixed tocopherols), vitamin K (as phytonadione), thiamin (Vitamin B1 as mononitrate), riboflavin (vitamin B2), niacin (as niacinamide) (vitamin B3), vitamin B6 (as pyridoxine HCl), vitamin B6 (as pyridoxal-5-phosphate), folate (as folic acid), vitamin B12 (as methylcobalamin), biotin (as biotin yeast), pantothenic acid (as calcium pantothenate), iodine (as potassium iodide), magnesium (as magnesium oxide), zinc (from zinc yeast complex), selenium (from selenium yeast complex), copper (from copper yeast complex), chromium (from chromium yeast complex), broccoli (brassica oleracea) aerial parts, spirulina (spirulina platensis) algae, chlorella algae, barley grass, orange (citrus sinensis) fruit, MSM

(methylsulfonylmethane), olive (olea europaea) leaf extract, NingXia wolfberry (lyceum barbarum) fruit polysaccharides, l-leucine, tocotrienols (from natural palm oil), coral calcium, boron (as boron AAC), lutein (from marigold flowers).

True Source Purple

Vitamin A (as alpha and beta carotene), vitamin C (as ascorbic acid), vitamin D (as cholecalciferol), vitamin E (as mixed tocopherols), vitamin K (as phytonadione), thiamin (Vitamin B1 as mononitrate), riboflavin (vitamin B2), niacin (as niacinamide) (vitamin B3), vitamin B6 (as pyridoxine HCl), vitamin B6 (as pyridoxal-5-phosphate), folate (as folic acid), vitamin B12 (as methylcobalamin), biotin (as biotin yeast), pantothenic acid (as calcium pantothenate), iodine (as potassium iodide), magnesium (as magnesium oxide), zinc (from zinc yeast complex), selenium (from selenium yeast complex), copper (from copper yeast complex), chromium (from chromium yeast complex), broccoli (brassica oleracea) aerial parts, pomegranate (40% ellagic acid), grape (vitis vinifera) skin extract, resveratrol (from polygonum cuspidatum), orange (citrus sinensis) fruit, MSM (methylsulfonylmethane), olive (olea europaea) leaf extract, NingXia wolfberry (lyceum barbarum) fruit polysaccharides, l-leucine, citrus flavonoids (from tangerine extract), tocotrienols (from natural palm oil), boron (as boron AAC), lutein (from marigold flowers).

True Source Yellow

Vitamin A (as alpha and beta carotene), vitamin C (as ascorbic acid), vitamin D (as cholecalciferol), vitamin E (as mixed tocopherols), vitamin K (as phytonadione), thiamin (Vitamin B1 as mononitrate), riboflavin (vitamin B2), niacin (as niacinamide) (vitamin B3), vitamin B6 (as pyridoxine HCl), vitamin B6 (as pyridoxal-5-phosphate), folate (as folic acid), vitamin B12 (as methylcobalamin), biotin (as biotin yeast), pantothenic acid (as calcium pantothenate), iodine (as potassium iodide), magnesium (as magnesium oxide), zinc (from zinc yeast complex), selenium (from selenium yeast complex), copper (from copper yeast complex), chromium (from chromium yeast complex), lecithin (choline), barley grass, orange (citrus sinensis) fruit, curcumin (root and rhizome) extract, MSM (methylsulfonylmethane), olive (olea europaea) leaf extract, NingXia wolfberry (lyceum barbarum) fruit polysaccharides, l-leucine, citrus flavonoids (from tangerine extract), tocotrienols (from natural palm oil), boron (as boron AAC), lutein (from marigold flowers).

Other Ingredients: Gelatin, maltodextrin, silica, rice flour, mannitol, alginate, arabic gum, pea starch, modified food starch, sucrose, sodium ascorbate, dextrin, soy bean oil, and glucose.

Feature Oil ~ Thyme



Receive free during the month of June along with a 15 ml grapefruit oil when ordering a 170 pv order. See oil sheet on grapefruit in archives on website

www.essentialoilcare.com



Upcoming Events

C.A.R.E. Nanaimo BC Nov 11-13, 2010

Check the Young Living web Renew You Tour

For locations near you in Canada and the US

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