

A photograph of a smiling woman with blonde hair, wearing a red and white plaid shirt, holding a large white tote bag and a bunch of fresh beets. She is standing in front of a farmers market stall filled with various fruits and vegetables, including apples and grapes. The background is slightly blurred, showing more market stalls and hanging lights.

5-DAY NUTRITIVE CLEANSE™

A Gentle Path to Support Well-Being

THE 5-DAY *Nutritive Cleanse*

When functioning properly, your body has a system in place for eliminating toxins and waste. However, recent shifts in the modern diet are placing an increasing amount of strain on many systems and hinder your body's natural ability to cleanse itself.

The goal of the 5-Day Nutritive Cleanse™ is to temporarily reduce your intake of food, giving your body the time it needs to expel stored toxins, effectively “resetting” your digestive system for optimal functionality. In the meantime, Young Living products, along with recommended food and drink, give you the essential nutrients you need while cleansing.

**Consult with your health professional prior to beginning this program. This program is intended for healthy adults to complement a healthy lifestyle. It is not recommended for pregnant or nursing women or persons who are taking prescription medications.*



BENEFITS OF THE 5-DAY

Nutritive Cleanse

- Provides the body with essential nutrients during your cleanse.
- Intended to be used with important lifestyle changes.

ESSENTIAL *Nutrition*

Although you will consume less food during the cleanse, it is important to continue providing the essential nutrients that your body needs to thrive. The 5-Day Nutritive Cleanse encourages the use of several Young Living products to make your cleanse as effective as possible.

NingXia Red® is an energizing, proprietary blend of juice extracts, featuring pure essential oils, wolfberry puree, and other fruits to provide energy support.*

How to use during the cleanse: Drink 2–4 ounces of NingXia Red 3 times daily with meals.

**These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure, or prevent disease. Consult a health professional before starting any weight-management or exercise program.*



Digest & Cleanse™ is formulated with essential oils such as Peppermint, Lemon, Ginger, and Fennel to support the body's natural digestive process. Precision delivery softgels delay release for optimal benefits.*

How to use during cleanse: Take 1 softgel 3 times daily with water 30–60 minutes before meals.

Balance Complete™ is a meal replacement that is both a nutritive energizer and a cleanser. Offering the benefits of Ningxia wolfberry powder, brown rice bran, barley grass, our premium whey protein blend, and the d-limonene found in Orange essential oil, Balance Complete is high in fiber, high in protein, and contains the vitamins and minerals needed for a nutritionally dynamic meal.

How to use during the cleanse: Three times daily, add 2 scoops of Balance Complete to 8 ounces of cold water, milk, or your preferred plant-based milk. Shake, stir, or blend until smooth. For added flavor, add 1–2 drops of essential oil.



THE 5-DAY *Nutritive Cleanse Plan*

DAILY PLAN

BREAKFAST

- Take 1 Digest & Cleanse softgel with 8 ounces of water 30–60 minutes before eating.
- Mix 1 serving of Balance Complete and drink.
- Drink 2–4 ounces of NingXia Red.

MID-MORNING SNACK

- Choose from Snack Option Chart on following page.

LUNCH

- Take 1 Digest & Cleanse softgel with 8 ounces of water 30–60 minutes before eating.
- Mix 1 serving of Balance Complete and drink.
- Drink 2–4 ounces of NingXia Red.

MID-AFTERNOON SNACK

- Choose from Snack Option Chart on following page.





DINNER

- Take 1 Digest & Cleanse softgel with 8 ounces of water 30–60 minutes before eating.
- Mix 1 serving of Balance Complete and drink.
- Drink 2–4 ounces of NingXia Red.

EVENING SNACK

- Choose from Snack Option Chart on following page.

EXTRA SUPPORT

- NingXia Nitro™: Take up to 2 Nitro tubes per day to provide additional energy.*
- Slique Gum®: Chew 1 piece as needed to help control cravings.

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5-DAY *Nutritive Cleanse FAQ*

Can I take other Young Living supplements during the cleanse?

To get maximum benefits, we recommend following the cleansing program as closely as possible and waiting until after you have completed the cleanse to introduce additional products back into your diet. However, if you have more targeted needs, you may adapt the cleansing program to better fit your situation.

Please consult with your health professional prior to beginning this program and discuss any medical concerns you have to determine if this program is appropriate for you.

Should I exercise while cleansing?

Light exercise such as walking or stretching is encouraged; however, avoid vigorous exercise such as sports competitions, heavy weightlifting, or running.

Can I substitute Power Meal for Balance Complete during the cleanse?

For best results, we recommend following the cleansing program as closely as possible. Those who prefer to avoid dairy products, however, may substitute Power Meal for Balance Complete with similar results.



ARE THE SNACKS REQUIRED?

No. Feel free to exclude some or all of the snacks from your cleansing program if you wish.

SNACK OPTION CHART

MID-MORNING SNACK	MID-AFTERNOON SNACK	EVENING SNACK
<p>1 piece of fresh fruit (apple, pear, orange, peach, or plum)</p> <p>2 cups sliced cantaloupe</p> <p>1 serving Slique Tea</p> <p>2 tablespoons raw sunflower seeds or almonds</p>	<p>1 cup of a fresh, non-starchy vegetable (broccoli, asparagus, cucumber, green beans, celery, carrots, etc.)</p> <p>1 serving Slique Tea</p> <p>1 tablespoon almond butter</p> <ul style="list-style-type: none"> • 1 serving rice crackers topped with raw nut butter • 2 tablespoons raw sunflower seeds or almonds • 1 cup unsweetened yogurt • 1 Slique Bar 	<ul style="list-style-type: none"> • ½ cup fresh or frozen blueberries • 1 piece of fresh fruit (apple, pear, orange, peach, or plum) • 1 cup red, purple, or black seedless grapes • 1 cup miso soup or vegetable broth



STAYING ON TRACK *after the Cleanse*

The 5-Day Nutritive Cleanse isn't just a cleanse—it's an opportunity to jumpstart a new lifestyle! Try some of these ideas to extend the benefits that you've enjoyed with this program:

- Repeat the 5-Day Nutritive Cleanse four times per year.
- Eat a healthy, balanced diet throughout the year for maintenance.
- Substitute 1 meal per day with Balance Complete. We recommend replacing your least-nutritious meal.
- Get the recommended 150 minutes of moderate exercise per week (your needs may vary).
- Use Young Living's nutritional products to get your body the targeted nutrients it needs.
- For those looking to manage their weight, check out our Slique™ program. Visit YoungLiving.com/Slique.





Visit YoungLiving.com to learn more about Balance Complete, Digest & Cleanse, and NingXia Red, as well as other targeted nutritional products.



We take the stewardship of our planet seriously.
Our state-of-the-art production process brings
you the purest oils on Earth.

We call it
SEED TO SEAL®

It's not a slogan—it's our calling.

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