



SIMPLY *Clean*
PLANNING SHEETS

PART 1

Let's Get Ready

A goal without a plan is just a wish.

-Antoine de Saint Exupéry

Preparation is key.

Put your plan together!

Let's get *ready*

WELCOME!

We are so excited to welcome you in SIMPLY :: clean, the 14-day reset.

SIMPLY :: clean is 100% online so you can dive in and self-pace. We are also here to support you so please reach out if you need anything.

Let's do this!

vault vs dashboard

You have access to TWO awesome resources.

(We know! You're welcome! :-))

Dashboard: Education from *the wellness place* specifically designed for women of a "certain age", focusing on reducing inflammation. You can do the entire reset from here.

Link: <https://SimplyTWP.com/clean-dashboard>



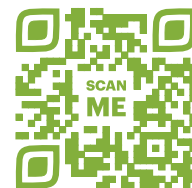
Vault: More resources, including exercise videos if you want to check them out! You might want to check it out to see if there is anything that you want to tap into.

Link: <https://www.14Day-Reset.com>



Let's get *ready*

Check out our "Let's Get Ready" video on the dashboard:
<https://SimplyTWP.com/clean-dashboard> and we can talk you through getting ready.



Get to the dashboard directly [here](#).



In a nutshell:

SIMPLY :: clean is comprised of 5 steps done daily for 14 days:

1. **MOVE:** Add steps to your day! If you prefer other types of exercise, that's fine, too. We have workout videos for you.
2. **RELAX:** Intentionally deeply relax at least once each day. (We have ideas for you.)
3. **SLEEP:** Take steps toward getting deeper quality, more restorative sleep.
4. **NOURISH:** Eat & Drink: Eat a more anti-inflammatory diet & drink enough water.



5. **DRINK NINGXIA RED:** this powerhouse drink is a game changer and the START of the reset!

Days 1-3: Drink 12 oz each day

Days 4-14: Drink 6 oz each day



Check out this [super short video](#) to learn about the science behind Ningxia Red.



Our goal is to begin to shift our habits into healthier ones during the 14 days so at the end you will want to maintain at least some of the actions.

daily specifics

ningxia red

Drink 12 oz a day for the first 3 days then 6 oz for the remaining 11 days. We recommend dividing it into 2-3 servings. Test when during the day it serves you best!

move

Up your walking. If you track your steps, add 2000 steps. If you don't, add a 20 min walk in each day. Use the tracking to simply check off that you did it or you can write in your steps. Make it a fast stroll. You want it to be in Zone 2 for your heart which means you can talk about can't sing. You can also check the Vault if you want to explore other exercise modalities.

relaxation

Do at least one thing to truly relax each day. We have a few suggestions on the dashboard. It may take you just 5 min! (Note: Watch the video in the dashboard to learn more about how to truly relax the nervous system.)

sleep

Work on your Bedtime Routine to help you get more quality sleep. We have ideas on the dashboard for you.

dietary changes

You can check the Vault and see if any of the meal plans are something you want to try. We recommend focusing on the anti-inflammatory diet we outline here, adding in antioxidant foods and cutting out highly inflammatory foods. Then you are gently changing your diet in a way you can sustain going forward. (Note: We have a list later in the packet here to help along with menu suggestions and a shopping list.)

Drink enough water. While everyone is different, a good starting place is half your body weight in ounces. Give yourself a few days to build up if that is a lot for you. You want an amount that leaves your urine a pale yellow.

bonus activity:

laughter:

Need some ideas? We have fun resources on the dashboard for you!



a powerful anti-inflammatory AND it..

- Reduces stress & anxiety
- Improves sleep
- Boosts the immune system
- Relieves pain
- Improves mood
- Enhances social connection

YOUR *results*



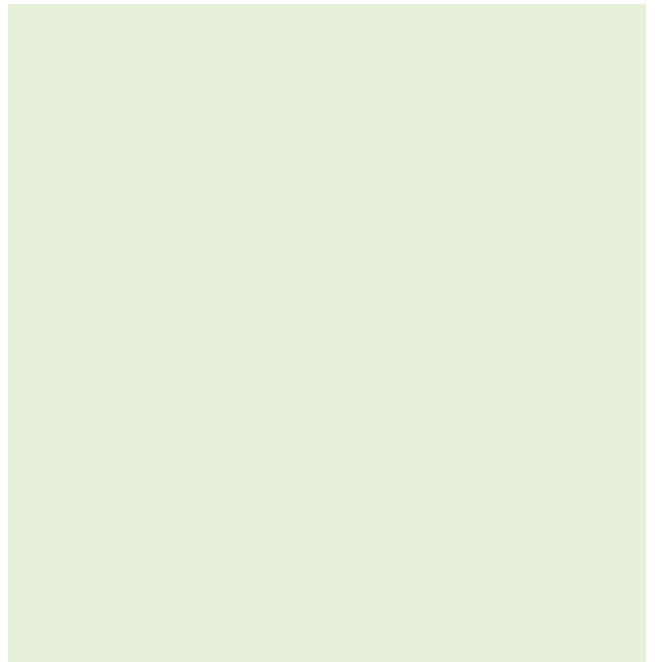
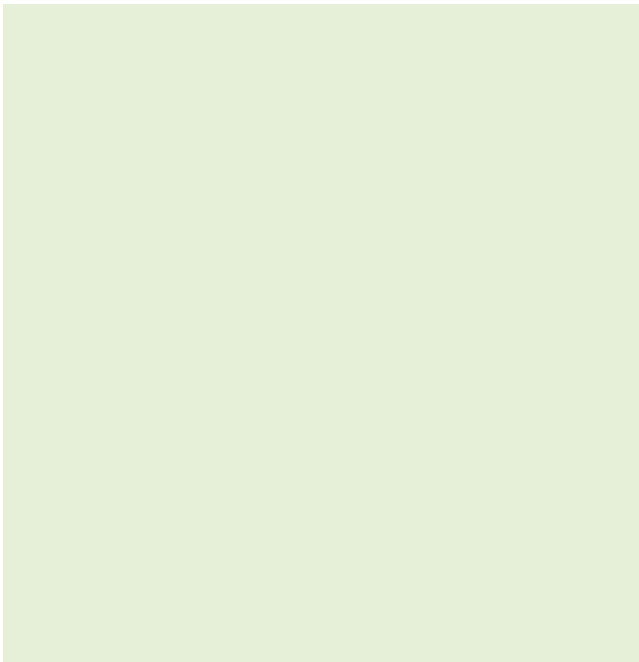
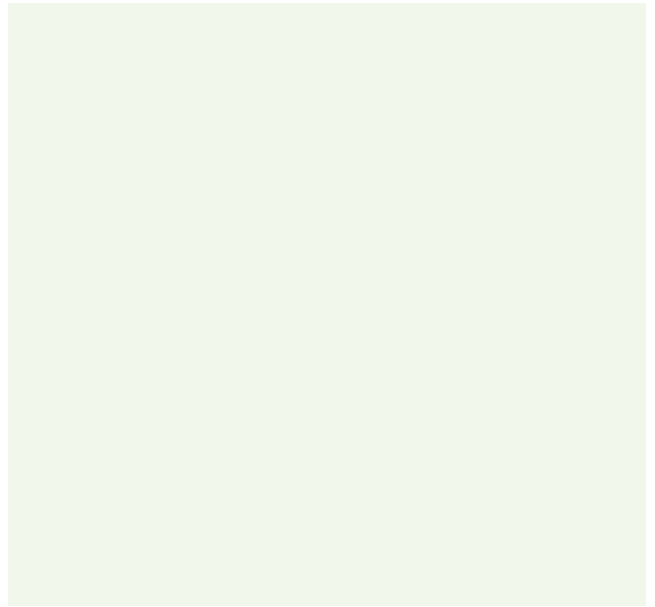
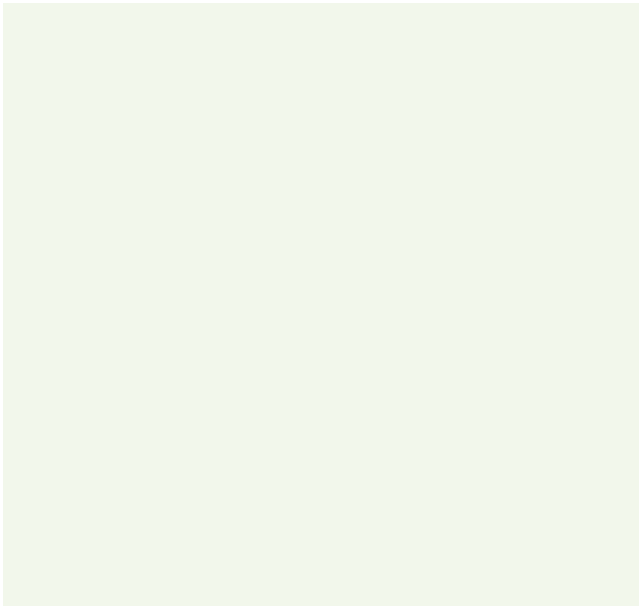
Take a photo - before and after!

Natural lighting

Add it here or put it into an album on your phone so you can access.

before

after



YOUR *progress*

BEFORE Surveys:
("Afters" are in Part 3)



Track what you are doing each month and how you changed.

Complete this [survey online](#) for us, too. We want to track people's successes!

1 = the worst to 10 = the best



Month:

Energy: 1 2 3 4 5 6 7 8 9 10

Level of pain/Joints: 1 2 3 4 5 6 7 8 9 10

Mood: 1 2 3 4 5 6 7 8 9 10

Body image: 1 2 3 4 5 6 7 8 9 10

Joint mobility: 1 2 3 4 5 6 7 8 9 10

Skin appearance: 1 2 3 4 5 6 7 8 9 10

Mental focus: 1 2 3 4 5 6 7 8 9 10

Digestion: 1 2 3 4 5 6 7 8 9 10

Regularity: 1 2 3 4 5 6 7 8 9 10

Quality of sleep: 1 2 3 4 5 6 7 8 9 10

Overall wellness: 1 2 3 4 5 6 7 8 9 10

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Digestion: 1 2 3 4 5 6 7 8 9 10

Regularity: 1 2 3 4 5 6 7 8 9 10

Quality of sleep: 1 2 3 4 5 6 7 8 9 10

Overall wellness: 1 2 3 4 5 6 7 8 9 10

take measurements



before

after

Date:

Chest

Right arm

Left arm

Waist

Hips

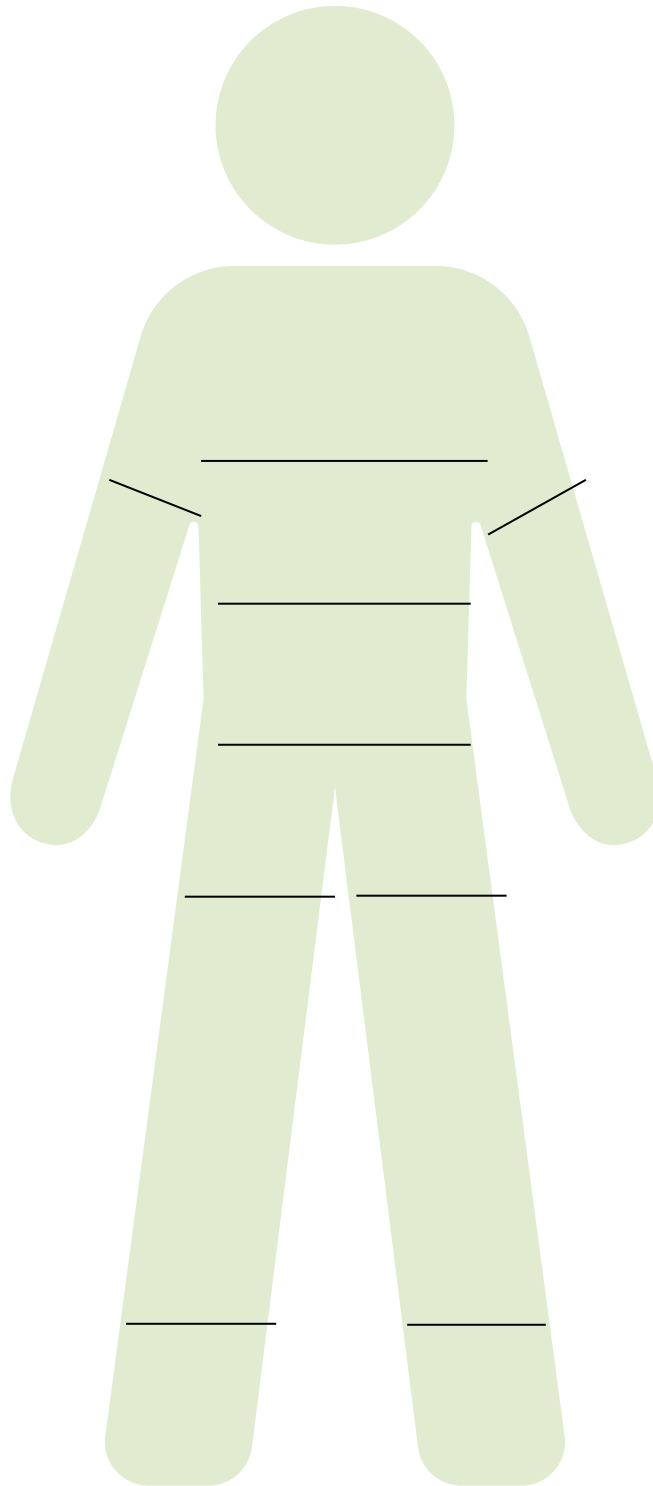
Right thigh

Left thigh

Right Calf

Left Calf

Weight



Date:

Chest

Right arm

Left arm

Waist

Hips

Right thigh

Left thigh

Right Calf

Left Calf

Weight

Make a *plan*

Let's get prepared! Be specific on what you will be doing for each of these.
Check out the video on the dashboard and we will talk you through it.
(NOTE: Food planning sheets are on another page.)

walking *plan*

If you need to up your step count, what is your plan to do so? When will you do it?

relaxation *plan*

Watch the video on "Learning How to Relax" in the Dashboard and then put your plan together. Relaxation is NOT veging in front of the tv, drinking a glass of wine or even sleeping:

bedtime *plan*

If you need better quality sleep, think about what you can do to change up your bedtime routine. Put your plan together here. If you need ideas, we have a video in the Dashboard and a worksheet to help you create it for yourself.

menu *ideas*



Day 1:

- Breakfast: Avocado toast with a fried egg and a side of berries
- Lunch: Grilled salmon with quinoa and roasted vegetables
- Dinner: Vegetable stir-fry with tofu and brown rice

Day 2:

- Breakfast: Greek yogurt with a serving of mixed nuts and a side of fresh fruit
- Lunch: Lentil-Vegetable soup with a side salad
- Dinner: Grilled chicken with sides of green beans and sweet potato

Day 3:

- Breakfast: Whole wheat waffles with a side of turkey bacon and fresh berries
- Lunch: Turkey and avocado wrap with a side of cherry tomatoes and cucumbers
- Dinner: Spaghetti with turkey meatballs and a side of sautéed kale

Day 4:

- Breakfast: Oatmeal with a side of fresh fruit and a drizzle of honey
- Lunch: Turkey chili with a side salad and whole wheat crackers
- Dinner: Grilled shrimp with a side of quinoa and steamed broccoli and cauliflower

Day 5:

- Breakfast: Scrambled eggs with spinach and mushrooms
- Lunch: Chicken Caesar salad with whole wheat croutons
- Dinner: Black bean and sweet potato tacos with sides of cabbage slaw and avocado salsa

Day 6:

- Breakfast: Smoothie bowl made with Greek yogurt, spinach, berries, and chia seeds
- Lunch: Tuna salad sandwich on whole wheat bread with Vegetable soup and a side of carrot sticks
- Dinner: Baked salmon with roasted brussels sprouts and a side of quinoa

Day 7:

- Breakfast: Whole wheat English muffin with a side of turkey sausage and fresh fruit
- Lunch: Turkey and veggie wrap with a side of cherry tomatoes and cucumbers
- Dinner: Grilled chicken and vegetable skewers with a side of brown rice

Top 13 Anti-Inflammatory Foods:

- Berries: strawberries, blueberries, raspberries, blackberries
- Fatty fish: salmon, sardines, herring, mackerel, anchovies
- Broccoli
- Avocado
- Green tea
- Peppers
- Mushrooms
- Grapes
- Turmeric
- Olive Oil
- Dark Chocolate
- Cherries
- Tomatoes

Inflammatory Foods to Avoid:

- Processed foods
- Alcohol
- Sugar
- Red meat
- White flour foods
- Processed meats

shopping *list*



Breakfasts:

- Avocado
- Eggs
- Berries
- Whole wheat English muffin
- Turkey sausage
- Fresh fruit
- Greek yogurt
- Spinach
- Chia seeds
- Oatmeal
- Honey

Lunches:

- Grilled salmon
- Quinoa
- Vegetables (such as bell peppers, broccoli, Brussels sprouts, carrot, cherry tomatoes, cucumber, kale, mushrooms, spinach)
- Tofu
- Brown rice
- Greek yogurt
- Mixed nuts
- Fresh fruit
- Lentils
- Turkey bacon
- Sweet potato
- Green beans
- Turkey
- Avocado
- Cherry tomatoes
- Cucumbers
- Turkey chili
- Whole wheat crackers
- Turkey and avocado wrap
- Turkey Caesar salad

shopping *list*



- Whole wheat croutons
- Tuna salad
- Whole wheat bread
- Carrot sticks
- Canned tomatoes
- Canned beans
- Canned tuna
- Canned salmon
- Canned coconut milk

Dinners;

- Vegetables for stir-fry
- Tofu
- Brown rice
- Grilled chicken
- Quinoa
- Vegetables to steam
- Spaghetti
- Turkey meatballs
- Kale
- Grilled shrimp
- Steamed broccoli
- Baked salmon
- Quinoa
- Brussels sprouts to roast
- Broccoli
- Cauliflower
- Black bean
- Sweet potato
- Cabbage slaw
- Tortillas for tacos
- Avocado salsa
- Grilled chicken skewers
- Brown rice

menu *planning*

week 1



monday

tuesday

wednesday

thursday

friday

saturday

sunday

menu *planning*

week 2



monday

tuesday

wednesday

thursday

friday

saturday

sunday

PART 2

Tracking Forms

Setting goals is the first step in turning
the invisible into the visible.

-Tony Robbins

Stay on top of your actions!

01 **Drink Ningxia Red** Day 1-3, 12 oz per day. Day 4-14, 6 oz per day.

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

02 **Move** Add 2000 steps or a 20 min brisk walk each day. Bonus if you do it a second time!

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

03 **Relax** Take an action to intentionally rest at least once a day.

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

04 **Bedtime Routine** Honor your bedtime routine

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

05 **Followed Anti-inflammatory Diet** Or whatever meal plan you chose.

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

06 **Drank half your body weight in water**

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

07 **Bonus: Laugh** Remember to check out the dashboard for resources!

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

08 **Stay accountable** Accountability check in once a day.

day 1	day 2	day 3	day 4	day 5	day 6	day 7	day 8	day 9	day 10	day 11	day 12	day 13	day 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Track Results

Take a picture or video

☐ Day 1
☐ Day 14

Take measurements:

☐ Day 1
☐ Day 14

Complete Before Survey

☐ Day 1

Complete After Survey

☐ Day 14

PART 3

Tracking Progress

Keep track of how things are going!

Coming off the *cleanse*



It's important to come off the cleanse with intention. You want to think about what you want to continue going forward.

Maybe you want to keep up with the bedtime routine or your steps or not go back to consuming as much sugar or alcohol as you were before the reboot. Be intentional with what you will do!

We have a video for you on the dashboard to help with this process.

Then take time to reflect on your experience, complete the tracking forms, take your measurements, etc.

how did it go? how are you feeling?

A large, empty rectangular box with a light green background, intended for a user to write their reflection on the cleanse experience.

plan for going forward:

A large, empty rectangular box with a light green background, intended for a user to write their plan for going forward after the cleanse.

YOUR *progress*

AFTERS Survey:



Complete this survey after your month - without looking at your before survey.
THEN compare! Complete this [survey online](#) for us, too.

1 = the worst to 10 = the best



Month:

Energy: 1 2 3 4 5 6 7 8 9 10

Level of pain/Joints: 1 2 3 4 5 6 7 8 9 10

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Body image: 1 2 3 4 5 6 7 8 9 10

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Share your *story*



Sharing your powerful testimony from the 14-Day Reset can impact so many lives. We know that excess weight and inflammation are a leading cause of so many illnesses and diseases.

The reset is a simple system that you can share to help transform the health of your loved ones.

When sharing with friends and family, make sure they have your Young Living member number, so that they can be connected to you and you can earn credit or money on their purchases.

At checkout, under the “Who referred you to Young Living” question, they should put your member number in the boxes.

You also have a coupon code, **SHAREYL**, that gives them 10% off their first order. Make sure you tell your friends about this coupon code and have them put **SHAREYL** in the promo code box in their cart, when they place their first order.



As a Brand Partner (BP), enroll a friend with a Make a Shift: Reset Kit and earn \$58 cash.

As a Brand Partner, you earn 50% of the PV in cash for each new enrollment order vs. as a customer, you earn 25% of the PV in product credit on your account.

These are both great opportunities to be rewarded for helping your friends.

Share your *story*



Take time and journal through your journey with this reset.

What was your primary problem you wanted to fix coming into SIMPLY :: clean?

How did you feel about these problems and how did they impact your life and relationships?

What was missing that was the key to your success? (ie. community, accountability, NingXia Red)

How is your family life/relationships different now after doing SIMPLY :: clean?

What results have you seen doing SIMPLY :: clean? (ie. Weight loss, inflammation down, more energy or better sleep)

Once you have filled this out, you can use these answers to curate a transformational testimony to share with others in person or on social media. Our goal is to transform people's lives by sharing our journey. When they resonate with our story and decide they want to see a change in their health, we get to be a part of that process.

Let us know when you finish this journal page, we would love to help you with this.

What's *next*



Congratulations! You made it! Hopefully this Reset has revitalized your wellness habits. You may be wondering what to do next, so here is what we suggest:

Join us for the next SIMPLY :: clean: We begin a new round the 2nd Monday of each month. Many people are finding success by doing multiple rounds, until they reach their health goals.

The more rounds you do, the faster you will reach your goals.

HOW OTHERS FIND SUCCESS IN BETWEEN ROUNDS:

- Continue to move daily and drink your water
- Continue to eat healthier.
- Keep up with 4 - 6 ounces of NingXia Red daily. Begin with 2 oz in the morning. Have another 2 oz right after lunch to help with the afternoon lull. For later afternoon cravings, have another 2 oz. This routine will help you stay focused on your health goals.
- To maintain this habit, order the NingXia Red Loyalty Bundle each month – it's the best deal and ensures you always have enough.

Celebrate your wins

Reward yourself with a treat, a new outfit, or some pampering when you accomplish a goal like:

- Exercised for 30 days in a row
- Drank all your water
- Lost 10 pounds

Tell a friend & see you in the next round!

Your year *in review*



Track your journey this year... at a glance.

Month:

Weight loss:

Other changes::

PART 4

Resources

Extras for you.

NINGXIA RED



NingXia NITRO

WHY SHOULD YOU DRINK NINGXIA RED?

It's packed with **powerful antioxidants** and super foods that provide long-lasting energy support without caffeine, revitalize body systems for full-body protection, and make the body an **unfriendly environment for free radicals and oxidative stress**. NingXia Red also supports **normal cellular digestive function** and promotes **normal eye health**. It's the perfect pre and post workout drink.

It's loaded with **amino acids, trace minerals** and **essential fatty acids** while still having a **low glycemic index**. There are no added sugars! Only essential sugars (polysaccharides) from the whole fruit; leaves, stems, peel and fruit. NingXia Red is infused with orange, lemon, yuzu and tangerine essential oils containing **high levels of d'limonene**.

CLINICAL STUDIES HAVE SHOWN:

- To significantly reduce stress by 23% and improve mental well-being
- To significantly increase physical energy levels by 35%
- To support healthy respiratory function
- To reduce physical limitations by 36%
- To improve sleep patterns and increase sleep
- To support healthy inflammation response

NINGXIA RED TESTIMONIES

I have two boys on the autism spectrum and they're extremely picky eaters. But they love their Special Red Ninja juice. The nutrients they get from NingXia is huge for us. - Noah W

I know NingXia Red is what gives me my boost to play 18 holes of golf and win for the last 8 years! I'm 82 years old! - Wade M

I have used NingXia Red for all four of my pregnancies, suggested by my midwife. I love that it's FOOD and made from fruits and plants. - Jodie R

WHO CAN DRINK NINGXIA RED?

A daily shot of 2-4 oz helps support overall wellness for your entire family! From children to adults, it's one of the easiest supplements to incorporate into your daily diet.

OTHER NINGXIA PRODUCTS

Young Living created over 40 wolfberry products, including an amino acid workout recovery: Aminowise, NingXia Greens, Wolfberry Eye Cream, probiotics and more!



PREMIUM STARTER BUNDLE



NR LOYALTY REWARDS

Use the code **SHAREYL** to take an extra 10% off your first order of 50PV or more.



NINGXIA ZYNG

This sparkling energy drink, includes whole fruit NingXia puree, pear, & blackberry juice, white tea extract, vitamins, lime, and black pepper essential oils. It has 35 mg of naturally occurring caffeine and only 35 calories per can!



FUN FACT!

To get the same antioxidant benefits of drinking just 1 ounce of NingXia Red you'd have to eat the equivalency of over 299 lbs of fruits and veggies:

2 pounds of blueberries	35 pounds of broccoli
4 pounds of strawberries	55 pounds of apples
4 pounds of carrots	55 pounds of almonds
11 pounds of spinach	55 pounds of tomatoes
23 pounds of onions	55 pounds of oranges

Young Living Supplements

ESSENTIAL OIL INFUSED SUPPLEMENT DESCRIPTIONS

14

Supplementation is a vital part of supporting all of our organs, glands and systems. Since absorption is key, all of Young Living supplements are not only formulated with the proper amounts of vitamins, minerals and other key nutrients, but with our premium essential oils that increase the absorption rate at 64% in 30 minutes, and 86% in 1 hour, which offer greater bioavailability and effectiveness.

AGILEASE- Protects joint and cartilage health, flexibility and mobility. Supports our response to acute inflammation in healthy people.

ALKALIME- Formulated oils and biochemical mineral cell salts to maintain optimal PH balance and helps soothe an upset stomach.

ALLERZYME- Vegetarian enzyme, promotes relief of fullness, bloating, gas, pain, or minor cramping that may occur after eating.

AMINOWISE- Aids in muscle building and repair, reduces muscle fatigue, and replenishes important minerals lost during exercise.

BALANCE COMPLETE- A meal replacement for weight-loss goals. Supports a healthy immune system, muscle growth and recovery; cleansing of the digestive system.

BLM- Support healthy cell function, bone, ligaments, muscles, joint health; encourages fluid movement.

CARDIOGIZE- Supports healthy heart function and circulation.. High in antioxidants.

COMFORTONE- Promotes normal digestion, may support digestive health. Cascara Sagrada aids in the body's natural cleansing.

CORTISTOP- Helps the body's natural balance and harmony. Aids glandular system and cortisol levels.

DAILY PROBIOTIC FIBER- Helps regular digestion and gut bacteria. 6 grams of plant-based prebiotics and 5 grams of soluble fiber. Supports cardiovascular and immune system. Promotes the absorption of minerals. Aids in the body's natural detoxification process.

DETOXZYME- Helps detoxify and cleanse. Supports digestion; key for maintaining and building health.

DIGEST & CLEANSE- Helps cleanse and supports the body's natural digestive processes. Eases occasional digestive discomfort and stimulates digestive system.

ENDO GIZE- Supports a healthy and balanced endocrine system in women.

ESSENTIALZYME- Supports and balances healthy pancreatic and digestive function, and stimulates overall enzyme activity.

ESSENTIALZYME-4- Time-release technology, multispectrum enzyme to aid in digestion and maintain a healthy immune system.

FEMIGEN- Supports the female reproductive system and maintains balance during menopause.

GREEN OMEGA 3- Vegan omega-3 fatty acids for heart, brain, skin, joints, eyes, immune system, metabolic health & inflammatory response.

GOLDEN TURMERIC- Supports body's natural response to inflammation, immune response, joint health and mobility. Aids in recovery after exercise, healthy digestion and gut-brain axis. It's 24x more bioavailable than standard turmeric.

ICP- Fibers gently scour out residues and decrease the buildup of waste in colon. Helps with nutrient absorption and healthy heart.

ILLUMINEYES- May reduce eye health deterioration commonly related to age, fatigue and strain. Helps support long-term eye health, vision in low light settings, skin strength, durability, proper eye health and vibrant looking skin. Improves visual performance, protects from blue light damage and increases macular pigment optical density.

IMMUGUMMIES- Yummy multivitamin that supports immune health, upper respiratory tract, healthy cell activity and supports gut barrier integrity and function.

IMMUPRO- Reduces the damaging effects of oxidative stress from free radicals. Encourages restful sleep and immune health.

INNER BEAUTY COLLAGEN- Reduces the appearance of fine lines and wrinkles in 3 weeks. Supports the dermal layer after UV-induced skin damage; strengthens hair and nails. Supports skin by balancing the gut microbiome. Aids in skin elasticity and hydration with type I marine collagen.

INNER DEFENSE- Creates unfriendly terrain for yeast and fungus, promotes healthy respiratory and immune function.

JUVAPOWER- Liver nutrients; intestinal cleansing benefits. High antioxidant and richest source of acid-binding foods.

JUVATONE- Promotes healthy liver function and cleansing and excretion to keep the liver functioning smoothly.

K&B- Supports digestive health and normal kidney and bladder health and maintains proper fluid balance.

LIFE 9- Probiotic with 17 billion live cultures from 9 bacteria strains. Supports a healthy digestive and immune system.

MASTER FORMULA- Full-spectrum multivitamin with prebiotics and antioxidants. Neutralizes free radicals. Supports digestion.

Young Living Supplements Continued

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MASTER FORMULA- Full-spectrum multivitamin with prebiotics and antioxidants. Neutralizes free radicals. Supports digestion.

MEGACAL- Supports normal bone, vascular and nerve health. Contains magnesium, vitamin C, zinc, and calcium.

MINDWISE- Supports normal brain function, cardiovascular, and overall cognitive health.

MINERAL ESSENCE- Full-spectrum ionic mineral complex with PEO that is the most fully and quickly absorbed.

MULTIGREENS- Green phytonutrients chlorophyll formula helps boost vitality and supports glandular, nervous and circulatory systems.

NINGXIA GREENS- Supports immune system and microbiome; boosts energy. Packed full of powerful antioxidants with phytonutrients, prebiotics, omega-3, 50 fermented whole foods and 60+ nutrient-rich veggies, fruit, herbs, algae and mushrooms.

NINGXIA RED- Best antioxidants drink ever! 2-4 oz a day supports eye health, normal cellular, digestion, memory and brain function. Clinically shown to increase immune and respiratory function, energy levels, improve and increase sleep. Reduce physical limitations, inflammation, stress and improve mental well-being. Lessens free radicals and oxidative stress. Caffeine free.

NITRO- Improves physical performance and increases energy reserves. Sharpens mind and mental focus.

OLIVE ESSENTIALS- Total body antioxidant. Supports a healthy heart, vascular and immune system and internal cleansing. Provides as much hydroxytyrosol as a liter of extra virgin olive oil in 1 capsule and phenolic compound obtained from olive fruit and olive leaves.

PARAFREE- Formulated with some of the strongest essential oils studied for cleansing.

PD 80/20- Contains pregnenolone and DHEA which declines with age. Supports endocrine, cardiovascular, and immune systems, mental acuity and memory.

POWER MEALS- Contains 20g of vegan protein; 11 fruits and vegetables with each serving. No added sugar. Balanced nutrition profile with fats, carbs, protein, fiber, amino acids and 17 vitamins and minerals. Keto friendly.

POWERGIZE- Improves physical performance, increase muscle size and strength; enhances muscle tone and rate of muscle recovery. Supports immunity, mental clarity, concentration and alertness; boosts stamina; sustains energy levels, strength and vitality with physical activity.

PROSTATE HEALTH- Supports male glandular system and helps maintain healthy, normal prostate function.

PURE PROTEIN COMPLETE- Supports workout routine with a blend of 5 proteins, orange oil, BCAAs, enzymes and probiotics to support metabolism and ATP production and helps build lean muscle.

REHEMOGEN- Supports healthy digestion and bowels. Has cleansing and building properties.

SLEEPESENCE- Promotes restful sleep and support the body's natural sleep rhythm.

SULFURZYME- Supports immune, circulatory, digestion, liver, mobility, hair, skin, nails, scavenge free radicals. Maintains structure of proteins, protects cells and cell membranes. Replenishes connections between cells and preserves connective tissue. Supports assimilation and metabolism of sulfur.

SUPER B- Supports mood, stress levels, healthy energy levels, cardiovascular and immune system, and cognitive function.

SUPER C- High in antioxidants. Supports immune, respiratory and circulatory systems, connective tissues and promotes vitality and longevity.

SUPER CAL PLUS- Supports the structure, integrity, and density of bones and teeth. Helps your bowels stay moving.

SUPER VITAMIN D- Supports immune and respiratory system, mood, hormone regulation, bone growth, and healthy muscles.

THYROMIN- Maximizes support for healthy thyroid, which regulates metabolism, energy and body temperature.

KIDS VITAMINS

KIDSCENTS MIGHTYPRO- A blend of prebiotics and probiotics with over 8 billion active, live cultures specially formulated to support gastrointestinal, digestive and immune health by colonizing the gastrointestinal tract.

KIDSCENTS MIGHTYVITES- Contains Orgen-Kid®, a nutrient-dense, food-based superfruit, plant and vegetable complex. Free of preservatives, artificial colors and flavors, these berry-flavored chewables give your children full nutritional support.

KIDSCENTS MIGHTYZYMES- For relief of occasional symptoms, including fullness, pressure, bloating, stuffed feeling (commonly referred to as gas), pain and/or minor cramping that may occur after eating.

KIDSCENTS UNWIND- Helps children settle down and reduce restlessness even when energy is high. It uses calming ingredients to promote a restful, relaxed state; help with occasional sleeplessness; helps reduce occasional irritability and stress.