

# NingXia Red

Specially Formulated By Young Living Essential Oils



ENERGIZE, FORTIFY, & ELEVATE  
YOUR HEALTH TO THE EXTRAORDINARY

## BENEFITS

SUPPORTS ALL  
SYSTEMS OF THE  
HUMAN BODY



## LIFESTYLE

"ELIXIR OF LIFE"  
ENHANCES ENERGY  
& VITALITY

## “Elixir of Life”

NingXia Red® combines the extraordinary wolfberry superfruit with 100 percent pure essential oils in a powerful, whole-body nutrient infusion. The benefits of the legendary Ningxia wolfberry have been sought after for centuries, and ongoing research continues to yield exciting, new health-supporting properties. Enjoy its naturally delicious flavor daily to sustain energy and to replenish key nutrients for long-lasting health and wellness support.\*

## Ingredients

### Wolfberries

The wolfberries (*Lycium barbarum*) sourced for NingXia Red hail from the Ningxia province in northern China. This superfruit has one of the highest percentages of fiber of any whole food and contains zeaxanthin—a carotenoid important to maintaining healthy vision. It also contains polysaccharides, amino acids, and symbiotic vitaminmineral pairs that when present together promote optimum internal absorption. By using whole wolfberry puree—juice, peel, seeds, and fruit—Young Living is able to maintain more of the desired health-supporting benefits in every bottle of NingXia Red.\*

### Essential Oil Blend

NingXia Red’s essential oil blend is made up of orange, yuzu, lemon, and tangerine. Strategically chosen for their health-supporting benefits and flavor profiles, these oils are 93 percent D-limonene—a powerful antioxidant and marker for bioactivity and contain the flavone tangeritin. Together this blend adds premium, natural flavoring and helps maintain the body’s normal cellular function.\*

**NingXia Wolfberries contain more than 100% of the RDA for all of these nutrients:**

### 22 Trace Elements

Chromium  
Molybdenum  
Cobalt Nickel  
Copper  
Phosphorus  
Florine Selenium  
Germanium Silicon  
Iodine Tin  
Iron Vanadium  
Lithium Zinc  
Manganese

### 19 Amino Acids

Aspartic Acid  
Serine  
Glutamic Acid  
Glycine  
Alanine  
Cysteine  
Tyrosine  
Arginine  
Proline  
Threonine  
Valine  
Methionine  
Isoleucin  
Leucine  
Phenylalanine  
Lysine  
Tryptophan  
Histidine

### 4 Major Minerals

Calcium  
Magnesium  
Potassium  
Sodium

### 6 Glyconutrient Essential Sugars

### Fruits

Highlighting the supporting fruits found in NingXia Red is a patented grape seed extract that contains polyphenolic compounds that may help support a healthy cardiovascular system.\* Additionally, blueberry, aronia, cherry, pomegranate, and plum juices introduce additional carotenoids and phytonutrients. These core building blocks supply your body with the resources it needs to maintain good health and overall wellness, allowing you to perform your best every day. NingXia Red is lightly sweetened by natural, calorie-free stevia extract.

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

# Let's Examine the Powerful Ingredients in NingXia Red

## NingXia Wolfberry Puree

Strengthens the Cardiovascular System, high in ellagic acid which prevents DNA mutation, normalizes blood pressure and blood sugar, reduces cholesterol, improves digestive tract health, supports eye health.

As a combatant against diabetes, properties like Chromium in NingXia Wolfberries improves insulin resistance and is one of the most commonly deficient minerals. L-arginine can lower the effects of oxidative stress caused by diabetes. Magnesium in the NingXia Wolfberry improves insulin sensitivity as well as insulin secretion.

“This makes wolfberries the ideal low-glycemic food for diabetics or anyone else seeking to maintain tight control over the blood sugar levels.” ~ NingXia Wolfberry: the Ultimate Superfood by Gary Young, ND

## Plum Juice (*Prunus Domestica*)

Osteoporosis prevention, cholesterol reduction, natural laxative, cancer prevention, better digestion, low glycemic index.

## Sweet Cherry Juice (*Prunus Avium*)

Antioxidant support, joint support and uric acid control, beneficial for gout, cardiovascular support, healthy insulin production, sleep support.

## Aronia Juice (*Aronia Melanocarpa*)

Promotes a healthy urinary tract, anti-inflammatory properties, fights bacteria and viruses, strengthens memory, aids digestion, increases neurological and motor and cognitive functions.

## Pomegranate Juice

3 times the antioxidant activity of green tea; 2 ounces reduces oxidized cholesterol by 40%; supports cardiovascular system; supports joint health; high in folic acid and vitamins A, C, E, potassium and niacin; may ease the discomforts that go along with menopause.

## Blueberry Juice

Blueberries may help prevent urinary tract infections; promotes healthy brain function; protects cell DNA; supports Thyroid function; notably high levels of mineral manganese, vitamin B6, vitamin C, vitamin K and dietary fiber.

## Essential Oil Benefits

Carefully selected oils of *Orange* and *Lemon* are known for their ability to help maintain normal cellular regeneration. *Tangerine* essential oil is prized for its effects on maintaining cholesterol levels already in the normal range. Exotic *Yuzu* essential oil has been included for its unique aroma, flavor and high antioxidant content.

## Natural Stevia Sweetener

This zero-calorie sweetener allows for a delightfully delicious beverage with lower overall sugar content.

## Supplement Facts

Serving Size: 1 fl. oz. (29.5 ml)  
Servings Per Container: About 25

| Amount Per Serving   |       | %DV |
|--|-------|-----|
| Calories   | 15    | 1%  |
| Total Carbohydrates  | 3 g   | 1%  |
| Dietary Fiber  | <1 g  | <1% |
| Sugars   | 2 g   | **  |
| Sodium   | 14 mg | <1% |
| Proprietary NingXia Red® Blend: 29 g                             |       | **  |
| Whole Ningxia wolfberry ( <i>Lycium barbarum</i> ) puree         |       |     |
| Blueberry ( <i>Vaccinium corymbosum</i> ) juice from concentrate |       |     |
| Plum ( <i>Prunus domestica</i> ) juice from concentrate          |       |     |
| Cherry ( <i>Prunus avium</i> ) juice from concentrate            |       |     |
| Aronia ( <i>Aronia melanocarpa</i> ) juice from concentrate      |       |     |
| Pomegranate ( <i>Punica granatum</i> ) juice from concentrate    |       |     |
| Proprietary Essential Blend: 50 mg                               |       | **  |
| Grape ( <i>Vitis vinifera</i> ) seed extract†                    |       |     |
| Orange ( <i>Citrus sinensis</i> )† rind oil                      |       |     |
| Yuzu ( <i>Citrus junos</i> )† rind oil                           |       |     |
| Lemon ( <i>Citrus limon</i> )† rind oil                          |       |     |
| Tangerine ( <i>Citrus reticulata</i> )† rind oil                 |       |     |

\* Percent Daily Value (DV) is based on a 2,000 calorie diet.  
\*\*Daily Value (DV) not established.



\* Important: The information provided is for educational purposes only. It is not provided to diagnose, prescribe, or treat any condition of the body. The information provided should not be used as a substitute for medical counseling with a healthcare professional. If you have any major health concerns, please consult your healthcare professional before using these products.

This newsletter was created by Elizabeth Rose Williams, a Young Living Essential Oils Distributor, for the purpose of educating. Please feel free to share with all who you feel would find value in the information given. (Share ONLY as is - do not add, take away or change this document in any way - Thank You)

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