



NINGXIA RED: A DAILY DOSE OF VITALITY

WHY NINGXIA RED IS AT THE HEART OF OUR DAILY WELLNESS ROUTINE

You've probably had juice before, but this isn't your average "grab from the fridge" kind of drink. NingXia Red® is more like a daily wellness ritual in a bottle. It's thoughtfully crafted to fuel your body from the inside out, starting at the cellular level where real change happens.

At the core is the NingXia wolfberry, an antioxidant-rich superfruit that's been used for centuries and is now one of Young Living's most powerful ingredients. When you combine it with other nutrient-packed fruits and a burst of essential oils, you get way more than a fruity sip—you get steady energy, immune strength, better focus, glowing skin, and even support for digestion and hormones.

Most people reach for NingXia Red® to fight fatigue. But they stick with it because it helps them feel clear, strong, and just... better. The best part? Many notice fewer cravings and more consistent energy in just a few days—which makes choosing real food, drinking water, and staying active feel a whole lot easier.

WONDERING IF NINGXIA RED IS FOR YOU?

You're not alone if you're dealing with...

- That **3 PM crash** that has you reaching for coffee (again)
- Brain fog, mood swings, or feeling on edge more often than not
- A cycle of **getting sick, recovering slowly**, then doing it all over again
- Constant **cravings for sugar or carbs**, no matter how hard you try to “eat clean”
- **Skin that's dull, breakout-prone**, or just doesn't feel like you
- **Aches and stiffness** that seem to show up out of nowhere
- Hormones that feel... a little off
- **Tired mornings**, even when you went to bed on time
- A **sluggish metabolism** or stubborn weight that won't budge

If any of that sounds familiar, NingXia Red® is a simple place to start. You don't have to overhaul your life. Just add this one habit and see what shifts.

WHAT'S IN NINGXIA RED

NingXia Red® gets its power from real, whole ingredients that work with your body—not against it. Here's what makes this drink such a standout:

NINGXIA WOLFBERRY (GOJI BERRY)

This is the star of the show. These bright red berries are loaded with nutrients your body actually knows how to use—like zinc, beta-carotene, amino acids, and a powerhouse group of antioxidants called polysaccharides. And because Young Living uses the whole berry (pulp, peel, and juice), you're getting the full spectrum of benefits in every sip. Cold-processing keeps those nutrients intact, so nothing gets cooked away.

SUPERFRUIT JUICE BLEND

This isn't your typical fruit punch. Each ingredient is here for a reason:

- **Aronia berry:** Packed with heart-loving antioxidants
- **Pomegranate:** Supports radiant skin and hormone balance
- **Blueberry + Cherry:** Great for your brain, mood, and metabolism
- **Plum:** Gentle on the gut and supports healthy digestion

ESSENTIAL OILS

Yep—there are essential oils in your NingXia! Orange, Lemon, Yuzu, and Tangerine Vitality™ oils don't just add a fresh citrus flavor—they help your body absorb nutrients better, support detox, and give your immune system a daily nudge in the right direction.

NATURAL SWEETENER: STEVIA LEAF EXTRACT

No refined sugar here. Just a touch of stevia leaf extract to give it a lightly sweet taste that's safe for your blood sugar (and kid-approved).



WHAT IT DOES FOR YOUR BODY:

Protects Your Cells

Antioxidants help defend against daily stress, toxins, and aging so your body can bounce back and stay strong.

Supports Metabolism

Fewer cravings. Steadier blood sugar. Easier to make healthy choices that stick.

Boosts Clean Energy

No crashes, no jitters—just natural, steady energy that lasts.

Sharpens Focus + Mood

Feel clearer, calmer, and more in control—mentally and emotionally.

Helps Balance Hormones

Supports liver detox and hormone processing so your body can stay in sync.

Glow You Up

Healthier skin, brighter eyes, better hydration—from the inside out.

WHAT THE SCIENCE SAYS

We all want to feel better, but it's even better when the science backs it up.

In a 2022 clinical study published in the **Journal of Functional Foods**, researchers followed healthy adults for 60 days as they drank NingXia Red® daily. They wanted to know: does this stuff really make a difference?

Spoiler: It does. Here's what they found:

- **More Energy:** People felt less tired and more energized throughout the day. Many noticed they had the stamina to move more and make better food choices.
- **Better Mood + Clarity:** Participants felt more emotionally balanced and mentally clear.
- **Stronger Antioxidant Defense:** Lab results showed a measurable boost in the body's ability to fight oxidative stress.
- **Lower Inflammation:** Several markers linked to long-term inflammation dropped significantly.

The takeaway? **This isn't hype. It's real.**

NingXia Red® didn't just help people feel better—it created measurable changes at the cellular level. It's one of the few antioxidant drinks with legit clinical research to prove it.



Source: Journal of Functional Foods, 2022



WHAT YOU MIGHT NOTICE

(ONCE NINGXIA BECOMES YOUR DAILY THING)

- You wake up with **natural energy**—not just surviving on caffeine
- That **afternoon crash? Gone.** You feel steady from morning to night
- Your skin starts to **look clearer and more alive**—like you're glowing again
- **Digestion feels smoother**, with less bloating and sluggishness
- **Mental fog lifts**, and you feel sharper and more present
- You're actually **sleeping better**—and waking up refreshed
- **Cravings lose their grip**, and healthy choices don't feel like a struggle
- You feel **more emotionally balanced**, even on hard days

Many people also find it's easier to maintain a healthy weight—**not because they're trying harder, but because they feel better.** More energy. Better choices. Real momentum.



HOW TO USE NINGXIA RED

You don't need to overhaul your whole routine to get big results. Just add a few ounces a day and let it work behind the scenes.

DAILY DOSAGE GUIDELINES

- **Adults:** Start with 2 oz daily and increase to 4 oz as desired
- **Kids:** 1–2 oz per day (they'll love it—promise)
- **Pregnancy/Breastfeeding:** Many women drink 4–6 oz daily, but always check with your provider if you're unsure

WHEN TO DRINK IT

There's no wrong time, but here are a few favorite rhythms:

- **Morning kickstart:** Drink it first thing for a gentle energy boost that sets the tone for your day
- **Before a workout:** Support your stamina and recovery
- **Afternoon slump:** Reach for Red instead of caffeine or sugar
- **Evening wind-down:** Surprisingly calming for many people. Try it and see

HOW TO ENJOY IT

- Sip it straight from the pouch or bottle
- Pour it over ice with a slice of lime or orange
- Add it to your morning smoothie or protein shake
- Mix in a drop of Vitality oil like Orange, Lemon, or Grapefruit
- Combine with Daily Hormone Essentials, Nitro, Zyng, Inner Beauty Collagen, Sulfurzyme®, NingXia Greens, or Mineral Essence™ for custom wellness drinks.

TIPS FOR MAKING IT A HABIT

- Pair your NingXia Red® with a glass of water or a morning walk—it's a simple rhythm that builds momentum for the rest of your day
- Keep it at eye level in the fridge. Visibility = consistency
- Stack it with an existing habit like brushing your teeth or taking your vitamins
- Use a fun glass or special moment to make it feel like a treat, not a chore
- Want to build a family routine? Cheers it together before school, work, or bedtime!

HOW TO BUY NINGXIA RED

There's no one-size-fits-all when it comes to wellness—and that includes how you get your NingXia Red.



Love a steady routine?

Go with the bottles. Keep them chilled in your fridge for a smooth, daily habit.



Always on the move?

Packets are your grab-and-go option—no spills, no excuses.



Looking for the best value?

Starter bundles and curated wellness kits give you the most product for your investment.



Already loving your daily Red?

Jump on Loyalty Rewards. You'll earn points, freebies, and exclusive perks just for staying consistent.

Not sure which option fits your family or budget? Reach out to the Brand Partner who shared this guide. They'll help you sort through the latest bundles and get the best deal for your goals.

STACK IT FOR EVEN MORE BENEFITS



NingXia Red® is your foundation—but when you stack it with the right sidekicks, your results can go from good to “wait... is this what feeling amazing is supposed to feel like?” These are our favorite wellness add-ons to build a simple, strategic routine that supports your whole body—especially the systems that take the biggest hit in real life: stress, hormones, energy, gut health, and immunity.

DAILY DETOXIFICATION DUO (LIVERTONE™ + WHOLE BODY CLEANSE™)

You don't have to live in a bubble to feel your best—but you do need to help your body clear out the junk. This bundle makes it easy to support detox, digestion, and hormone balance in one simple daily rhythm.

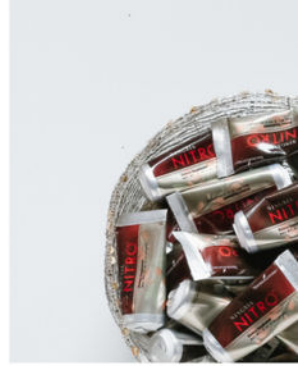
- **LiverTone™** supports your liver's natural detox pathways with plant-based ingredients and NAC (the precursor to glutathione—your body's master antioxidant).
- **Whole Body Cleanse™** helps your gut move things out with essential oils and fiber that support healthy elimination and reduce bloating.

Together with NingXia Red®, this duo helps you feel lighter, clearer, and more in control—especially if you're dealing with sluggish digestion, hormone swings, or that “puffy” feeling you just can't shake.

DAILY HORMONE ESSENTIALS™

Daily Hormone Essentials™ and NingXia Red® are like your dream wellness duo—one brings the calm, the other brings the energy. While Daily Hormone Essentials™ helps smooth out the hormonal rollercoaster and supports your mood and stress levels, NingXia Red® floods your cells with the antioxidants and nutrients they need to feel vibrant and clear. Together, they help you feel like you again—steady, energized, and ready to take on the day.

STACK IT FOR EVEN MORE BENEFITS



SULFURZYME® (CAPSULES OR POWDER)

Think of this as your body's behind-the-scenes repair crew. **Sulfurzyme®** pairs MSM (for tissue repair and inflammation recovery) with NingXia wolfberries (for nutrient absorption and antioxidant power). It's especially helpful for anyone wanting smoother joints, stronger hair, healthier skin, or better gut function. Pair it with NingXia Red® daily and you're giving your body what it needs to restore and rebuild from the inside out.

MINERAL ESSENCE™

When life is busy (and when isn't it?), your minerals are usually the first to go. Stress, sugar, and caffeine all deplete the minerals your body needs to regulate hormones, balance mood, and keep energy steady. **Mineral Essence™** fills in those gaps with trace minerals your body can actually absorb. Take it with NingXia Red® to give your cells the nutrients and charge they've been missing.

SUPER C™

This one's not just for cold season—it's for everyday resilience. **Super C™** is your go-to for immune strength, skin glow, adrenal support, and collagen production. It uses whole-food vitamin C sources your body can actually use (not the chalky synthetic stuff). When you add it to your NingXia Red® routine, you get a daily antioxidant upgrade that keeps your body strong and steady—especially during high-stress or high-germ seasons.

NINGXIA NITRO®

NingXia Red® is your long game—but when you need a quick win for brain fog, workouts, or afternoon slumps, **Nitro** is your best friend. It's a clean energy boost with green tea caffeine, B vitamins, and CoQ10 that sharpens your focus without the crash. Blend it with your NingXia Red® for a one-two punch of instant clarity and lasting stamina.



NINGXIA SHOTS

Quick. Potent. Easy to pair with your supplements or on-the-go life.

BRIGHT START SHOT

2 oz NingXia Red®
1 drop Lemon or Grapefruit Vitality™
Optional: Pinch of sea salt for adrenal support
Drink first thing in the morning for a clean, energizing start

IMMUNE KICK SHOT

2 oz NingXia Red®
1 dropper Mineral Essence
1 drop Thieves Vitality™
Perfect for school mornings, travel days, or sniffle season

HORMONE BALANCE SHOT

2 oz NingXia Red®
1 drop EndoFlex Vitality™
Take with Daily Hormone Essentials™
Add to your morning supplement stack for hormone harmony

WORKOUT BOOST SHOT

2 oz NingXia Red®
1 NingXia Nitro®
Take 15–30 minutes before exercise for clean energy and stamina

NINGXIA SHOTS & MOCKTAILS

Drinking NingXia Red® doesn't have to feel like a chore. These simple recipes turn your daily wellness habit into something fun—whether it's a quick morning shot, a refreshing afternoon spritzer, or a sweet little moment with your kids.

They're easy to make, full of flavor, and a great way to mix things up while still getting all the benefits your body loves.

NINGXIA MOCKTAILS

Make your NingXia moment feel like a treat. Sip slowly and enjoy.

BERRY CITRUS SPRITZER

2 oz NingXia Red®
6 oz sparkling water
1 drop Lime Vitality™ + a squeeze of fresh lime
Serve over ice with a citrus slice

NINGXIA SUNSET

2 oz NingXia Red®
4 oz orange juice
1 drop Tangerine or Orange Vitality™
Optional: Muddle in a few frozen cherries
Beautiful in a wine glass with a fun straw

BALANCE & BURN MOCKTAIL

2 oz NingXia Red®
1 drop Grapefruit Vitality™
Splash of unsweetened cranberry juice
Top with sparkling water and serve over ice
Light, refreshing, and naturally supportive of metabolism and lymphatic flow

GLOW-UP MOCKTAIL

2 oz NingXia Red®
1 scoop Sulfurzyme® powder or Inner Beauty Collagen
1 drop Grapefruit Vitality™
Mix with 4 oz water or sparkling water
Great for skin, joints, and mood

KIDS' SUPER SLUSHY

2 oz NingXia Red®
Handful of frozen strawberries or blueberries
Splash of coconut water or apple juice
Blend until smooth
Add a silly straw or umbrella for fun

WHAT PEOPLE ARE SAYING

"I feel so much better when I drink NingXia daily. I've been drinking 4–6 oz a day since I'm pregnant and I know it's **helped my body in so many ways.**"

"I love having the constant energy. I have a shot in the morning now **(instead of another cup of coffee!)** and have even replaced my afternoon coffee with NingXia a few days a week!"

"My body feels great! I have **more mobility in my joints and muscles.** I've cut out coffee completely. **No sugar crash—just full-body wellness.**"

"Energy, sleep, and mood. Adding a drop of orange is a **game changer.**"

"NingXia helps my joints when I have to work long hours on my feet. I'm hoping to see even greater benefits in the future."

"It's helped build up my immune system, I have **higher energy levels, it's helped curb my cravings for sweets,** and it **tastes DELICIOUS!**"

"I dropped 7 pounds in 2 weeks—not from starving myself, but by **nourishing my body** with NingXia Red®, **cleaner food,** and **movement I actually enjoy.**"

"No more energy crashes. NingXia in the morning, water throughout the day, and **lighter, cleaner meals helped my mood and digestion** in ways I didn't expect."



READY TO TRY NINGXIA RED?

Your body is built for healing. It just needs the right tools—and NingXia Red® is one of the most foundational tools I've found.

It's simple.

It's powerful.

And when you use it consistently, it creates real, lasting change.

Don't wait for a health scare or burnout to remind you it's time.

Start with a shot a day—your body will thank you.

WANT TO ORDER OR LEARN MORE?

Reach out to me!

I can help you:

- Pick the best NingXia bundle for your lifestyle
- Save money with Loyalty Rewards
- Get your whole family started (yes—even the picky ones!)

Whether you're ready to jump in or just have questions, I'm here to help you feel better—one shot of NingXia at a time.

