

YOUNG LIVING[®]
ESSENTIAL OILS

NINGXIA

Red[®]



ESSENTIAL EVERYDAY NUTRITION

HISTORY *of* SUPERIORITY

The legendary Ningxia wolfberry, also known as the goji berry, has long been sought after for its rich nutritional content. With documented use dating back to the Ming Dynasty, it is one of the earliest known superfruits utilised in ancient Chinese practices.

For more than 700 years, the Ningxia region of China has earned the reputation for producing and cultivating premium wolfberries. It is from this region that we have selectively sourced wolfberries for NingXia Red®. However, due to the Ningxia region's physical and political isolation, knowledge of the remarkable wellness-supporting benefits of the Ningxia wolfberry remain relatively hidden from Western culture.

In 1999, Gary Young brought wolfberry seeds to the U.S. and began planting them on his farm in Mona, Utah, where the soil and climate were very similar to that of the Ningxia province's wolfberry growing climate. Today, we have more than 100 acres of wolfberries under cultivation in Utah. We also continue to source our wolfberries directly from China to meet the ever-growing demand for this nutritious superfruit.



DISCOVER THE

POWER *of* NINGXIA



NINGXIA RED

#3042560 2 PK (750 ML EA.) | #3044560 4 PK (750 ML EA.)

With nutrient-dense fruits and essential oils, NingXia Red® provides an array of antioxidants. Enjoy this red juice daily to energise, fortify and revitalise the body and support good health and overall wellness*.

NINGXIA RED SINGLES

#3525560 30 PK (60 ML EA.)

Giving your body nutrients on-the-go is simple! With our convenient single-serve sachets, you'll never go without your daily wolfberry boost. Keep a few sachets in your handbag, backpack or car for a quick sip of wellness. They're also great for school lunch boxes!



NINGXIA ZYNG

#307102 12 PK (250 ML EA.) *Not available in New Zealand*

This light, sparkling beverage delivers a splash of hydrating energy. Fuelled by a proprietary blend of pure Black Pepper and Lime essential oils, Ningxia wolfberry puree, white tea extract and vitamins, this crisp drink is a unique, delicious and refreshing experience with only 35 calories per can.

NINGXIA DRIED WOLFBERRIES

#636002 453 G

Snack on powerful Ningxia wolfberries anytime, anywhere. These delicious dried berries contain an array of nutrients and protein as one of nature's most transformative superfruits. Make tea with wolfberries by lining the bottom of a mug and adding hot water. Alternatively, top yoghurt or a smoothie with wolfberries for a healthy breakfast, or add to granola or trail mix for a berry boost on-the-go.



6

REASONS TO DRINK NINGXIA RED®

NINGXIA
Red®



1 RICH IN NUTRIENTS & ANTIOXIDANTS

Your body is under constant threat from everyday pollutants, poor diet and daily activities that can lead to stress. Fortunately, you can support your body with the naturally occurring compounds found in NingXia Red® such as betacarotene, lycopene, antioxidants and d-limonene.*

Our proprietary NingXia Red® is fortified with ingredients that are involved in many natural antioxidant processes. When combined with pure wolfberry puree, these ingredients become a healthy energy boost of nutrient support for the whole body.*

2 GOJI BERRY GOODNESS

Also known also as wolfberries, goji berries provide a natural energy boost without harmful side effects. Containing polyphenols and polysaccharides and a distinctive ratio of trace nutrients, this superfruit is recognised around the world for its revered and unparalleled nutritional profile. Leading essential oil authority, Gary Young, used whole Ningxia wolfberries - juice, peel, pulp and fruit - to capture every bit of goodness in each and every bottle of NingXia Red®.

**These statements have not been evaluated by the Therapeutic Goods Administration. Young Living products are not intended to diagnose, treat, cure or prevent any disease.*

3 INFUSED WITH ESSENTIAL OILS

Every drop of your daily NingXia Red® is infused with a sweet citrus taste from Young Living Orange, Lemon, Tangerine & Yuzu essentials oils! Not only do these essential oils offer a great burst of juicy flavour, but they also include the naturally occurring compound d-limonene. No other nutrient-infused beverage can offer the careful formulation of essential oils found in NingXia Red®.

4 FRUIT JUICE BENEFITS

NingXia Red® is packed with blueberry, plum, aronia, cherry and pomegranate juices and grapeseed extract that are rich in antioxidants and give NingXia Red® its delicious flavour and vibrant colour. The main ingredient in the blend is a patented grapeseed extract that includes highly beneficial polyphenolic compounds that promote a balanced and healthy lifestyle.

5 NATURALLY SWEETENED

This delightfully delicious beverage is sweetened with Stevia extract, a zero-calorie sweetener 300 times sweeter than sugar, with only 2 g of sugar per serving.

6 GREAT FOR KIDS TOO!

Effectively energises, fortifies and revitalises the body to support overall good health and wellness for the whole family, including kids!



NINGXIA RED SHOT RECIPES

COUNTDOWN

60 ml NingXia Red®
1 drop Orange
1 drop Tangerine
1 drop Cinnamon Bark

REFRESH

60 ml NingXia Red®
2 drops Jade Lemon
1 drop Tangerine

NEW START

60 ml NingXia Red®
1 drop Lemon
1 drop Grapefruit
1 drop Ginger

THAI SURPRISE

60 ml NingXia Red®
1 drop Lime
1 drop Basil

HOT FLASH

60 ml NingXia Red®
2 drops Cinnamon Bark
2 drop Peppermint

SUNNY DAYS

60 ml NingXia Red®
1 drop Bergamot
2 drops Tangerine

NINGXIA ZYNG SHOT RECIPES

CONFETTI POP

60 ml NingXia Zyng™
2 drops Tangerine
2 drops Lime

MIDNIGHT KISS

60 ml NingXia Zyng™
1 drop Spearmint
2 drops Jade Lemon

THE ZYNGER

60 ml NingXia Zyng™
1 drop Cinnamon Bark
1 drop Peppermint

NINGXIA RED ICE BLOCKS

SERVES 4 **PREP TIME** 10 min **FREEZING TIME** 12 hours

INGREDIENTS

½ cup Water

1 cup NingXia Red®

2 drops Young Living Orange essential oil

DIRECTIONS

1. Combine all ingredients and divide equally between ice block moulds, leaving about 0.6 cm at the top for expansion. Put lid on and place sticks in.
2. Freeze overnight or until frozen through. To free the ice blocks from their moulds, dip the frozen moulds in a bowl of warm water until the ice pops loosen. If the stick comes out before the ice block, reinsert the stick and put the blocks back in the freezer for a few more hours.
3. To store, remove all of the ice blocks from the moulds, place them on a wax paper-lined tray, and refreeze for 10 minutes. Place ice blocks in freezer bags, separated by strips of waxed paper.



VARIATIONS

NINGXIA RED DREAMSICLES

Substitute the 2 drops Orange essential oil for 1 drop Orange, 1 drop Tangerine and 1 drop Lemon essential oil.

NINGXIA RED ROCKETS

Substitute the 2 drops of Orange essential oil for 1 drop Lime, 1 drop Peppermint and 1 drop Cinnamon Bark essential oil.



Visit YoungLiving.com.au or YoungLiving.co.nz to learn more about 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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