



SPECIAL REPORT 5 NINGXIA-POWER

NingXia-Power For Your Essential Lifestyle

Welcome to 27 Special Reports on the essential lifestyle and exclusive ways to foster vibrant wellness!

Have you ever felt empty and exhausted?

Have you been in situations when you wanted to give it a go but there was no energy comingonly a limp feeling of tiredness and exhaustion? Have you slept the whole night and you were still worn out in the mornings?

Imagine that you feel the full energy in all your body cells. Imagine you feel awake, refreshed and with full concentration. You are now able to take charge of your life with this extra dimension of power and strength!

It is time to reclaim your life and get some grit.

Get to know the secrets of top athletes and people who achieve their full physical performance. In this special report, we will introduce you to **the Ningxia wolfberry** (one of the three magical foods from Chinese tradition together with **Ginseng** and **Golden Root** - rhodiola rosea), *which is 10x more powerful in antioxidants and nutrients than the Himalayan goji.*

This special report starts you into your 3rd month – Building Up Depleted Resources And Restoring Your Core, which will be further dealt with in Special Report 6.

You are destined to live a great life!

Aditya Nowotny and Team ENJOY

P.S.: For questions and information, please contact the person who introduced you to Young Living's products, or go to <https://eotq.org/> and contact the person who lives close to your area or who you like best among the aroma experts.

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I. The NingXia Wolfberry



Gary Young heard about the Ningxia Wolfberry in 1993 by Dr. Cyrus McKell and Dr. Sougqiao Chao and introduced this powerful wolfberry in 1995 as the first western company into the US. Better to say, he tried it because the wolfberries were quarantined for more than a year in US customs as an "alien substance" - only with the help of the German shipping company Kühne & Nagel, the wolfberry finally came out of quarantine in October 1996.

The wolfberry (= goji) has a nutrient density like no other natural food. The NingXia Goji has the Chinese "Green Certificate" which corresponds to the organic seal and is the goji which is in demand by Chinese people – as Chinese Olympic athletes use exclusively the goji from the province of Ningxia.

Go Qi in China – in our language today "Goji" - has a long tradition in Chinese folk medicine. According to the "Handbook for Doctors" (Ming Dynasty 1368-1644), it is considered to be an important source for maintaining the vital energy Qi.

The most nutritious wolfberry grows in the NingXia Valley which is located by the Yellow River – up to ten times as nutritious as the Himalayan goji. The Yellow River is the river which contains the most sediments in the world. In the village of Najiahu, with a population of 4,000, live six people who are over 100 years of age and more than 400 people over 70 years of age. Their secret? They have eaten their whole life a daily amount of only 5-10 dried wolfberries.

The NingXia Wolfberry

- supports your healthy **eyesight, liver, kidneys and blood**
- contains a high content of **antioxidants** / radical scavengers
- contains an **optimal amount of vitamins and minerals** => structure-forming
- **balances the blood sugar level in healthy people**
- supports the **pancreas and heart in healthy people**



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A powerful nutrient profile

The wolfberry is a veritable **multivitamin and mineral capsule** – all made for you by **Mother Nature**. It contains dozens of desirable **secondary plant compounds** as well as the **full range of essential amino acids** (essential especially for vegetarians and vegans). Energizing **carbohydrates** and a healthy dose of **fiber** complete the nutrient profile of this wonderful berry.

Carbohydrates are found in many foods. They are important for your energy supply in your body depending on the **type of carbohydrate**. Processed foods e.g. include artificial, unhealthy carbohydrates, which bring your blood sugar level abruptly up and down. High blood sugar levels are associated with high insulin levels because insulin - like a key - is responsible for bringing sugar into your cells for energy delivery. Persistent high insulin levels unbalance your healthy body - but there are also carbohydrates like those in the wolfberry, which have a **low glycemic index** (= provide energy without raising blood sugar levels).



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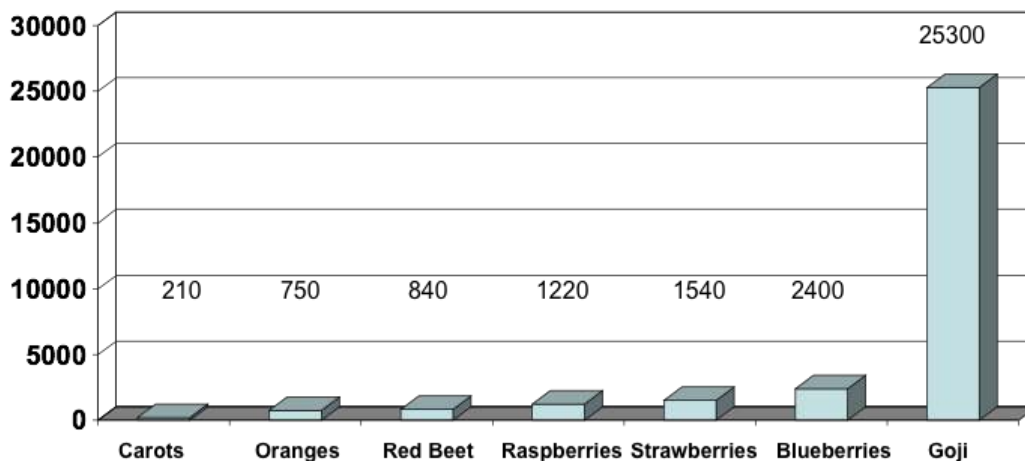
Antioxidants in the wolfberry

The wolfberry acts like a **"rust protection" for your cell.**

8 million cells die in your body every minute. At the same time, the same amount of cells are synthesized. At this moment, free radicals can attack every cell 10,000 times, because at that point the cell is most vulnerable. "Aging" also has its origin here.

Antioxidation values for selected fruits and vegetables

ORAC = Oxygen Radical Absorbance Capacity



Vitamins and minerals in the wolfberry

The NingXia wolfberry contains among all other ingredients:

- 67x more vitamin B1 than brown rice,
- 2x more vitamin B3 as baking yeast,
- 3x more vitamin C than in raw oranges,
- 5x more calcium than in raw cauliflower,
- 2x more beta-carotene than in raw spinach.

Today we know about the importance of vitamins to maintain your health and energy performance. Organic compounds such as coenzymes regulate life-sustaining biological processes in your organism. Only a few of these coenzymes can be produced by your body in small quantities. In order to get more of these coenzymes, eat nutritious food.

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Below is a brief overview of the most important vitamins:

Provitamin A (Beta-Carotene)

- Positive influence on your **eyesight** (night-blindness), **cell growth** and **formation of bones** as well as **protection** and **renewal of your skin**.
- Important for **your respiration, hearing** and **mucous membranes**. Protects against free radical damage and acts as a **sunscreen** for your skin.
- *Recommended daily dose: 2–4 mg/ 0,00007-0,00014 oz*
- **Content in 100 g/3.5 oz NingXia wolfberries: up to 12,6 mg/0,0004 oz**

Vitamin B1

- Influence on your **carbohydrate metabolism**, important for your optimal **thyroid** function, **heart** and **muscle**, a known **vitamin for your nerves**.
- Improves your **mental performance**.
- *Recommended daily dose: 1-1,2 mg/0,00003-0,00004 oz*
- **Content in 100g /3.5 oz NingXia wolfberries: up to 27 mg/0,0009 oz**

Vitamin B2

- Helps to **utilize fats, proteins and carbohydrates**.
- Important for your **eyes** and **nervous system**, **growth** as well as the assembly and disassembly of red **blood cells**.
- *Recommended daily dose: 1,2–1,4 mg/0,00004-0,000049 oz*
- **Content in 100 g/3.5 oz NingXia wolfberries: up to 1,3 mg/0,000045 oz**

Vitamin B3

- Important for your **heart, nerves, metabolism** and **healthy skin**.
- Promotes your **memory** and **concentration**.
- *Recommended daily dose: 13–16 mg/0,0004-0,0005 oz*
- **Content in 100 g/3.5 oz NingXia wolfberries: up to 88 mg/0,003 oz**

Vitamin B5

- Supports **wound healing** and improves your **immune system**.
- Important for the **utilization of fats, carbohydrates and proteins** as well as **hormone production**.
- Good for your **hair, skin** and **mucous membranes**.
- *Recommended daily dose: 6 mg/0,0002oz*
- **Content of 100 g/3.5 oz NingXia wolfberries : up to 1,2 mg/0,00004 oz**

Vitamin C

- Acts as an **antioxidant** (radical scavenger), strengthens your **connective tissue**, supports your **mental efficiency**, **wound healing** and **stress reduction**. Important for the **metabolism of iron**.
- *Recommended daily dose: 75–100 mg/0,002-0,003 oz*
- **Content in 100 g/3.5 oz NingXia wolfberries: up to 148 mg/0,005 oz**

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Minerals and trace elements

Mineral elements are the basic material from which life originally emerged. Nature has incorporated them as important components and functional agents in all life processes.

Without minerals your body cannot form new cells. Therefore, you cannot digest your food and nutrients are not transported into your body's cells. This leads to congestion of your immune system and energy production. A lack of minerals can bring your healthy body out of balance.

Here is a brief overview about the most important minerals and trace elements:

Calcium

- Important for **structure** and **stability** of your **bones, teeth, muscles** and **tendons**.
- **Release of hormones** and **transmission of nerve impulses**.
- Supports your heart function and **blood clotting**.
- *Recommended daily dose: 800–1000 mg/0,02-0,03 oz*
- **Content in 100 g/3.5 oz NingXia wolfberries: up to 112 mg/0,003 oz**

Magnesium

- Important for the **storage** and **discharge** of **hormones** and **production of energy** within cells. Supports **nervous-** and **immune-system**. Is involved in **building up your bones, teeth** and **tendons**.
- **Mobilizes over 300 enzymes**. These are important for your metabolic functions.
- *Recommended daily dose: 300–350 mg/0,01-0,012 oz*
- **Content in 100 g/3.5 oz NingXia wolfberries: up to 130 mg/0,004 oz**

Potassium

- Important for the **regulation of water balance** and **acidic/alkaline balance**.
- Necessary for **absorbing** and **transporting nutrients**.
- Important for the **discharge of hormones, activation of enzymes to produce energy**, for **nerve functions** and **muscles** including the heart muscle.
- *Recommended daily dose: 2000 mg/0,07 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: up to 1600 mg/0,05 oz**

Phosphor

- Component of the **bones** in your body. Provides building blocks for **your genetic material**.
- Is involved in **energy production** as well as in your **acidic-alkaline balance**.
- *Recommended daily dose: 700 mg/0,024 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: up to 178 mg/0,006 oz**

The NingXia wolfberry is the richest known natural source in optimal balance containing

- **Potassium**
- **Calcium**
- **Magnesium**

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Iron

- Indispensable for the **development of red blood cells** as well as **oxygen transport** and therefore the energy in all body cells.
- Part of many **enzymes**, stimulates your **immune system** and is important for your **brain performance**.
- *Recommended daily dose: 10–15 mg/0,0003-0,0005 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: up to 11 mg/0,00038 oz**

Copper

- Part of many **enzymes** and **enzyme activator**.
- Supports your **metabolism**. Protects against **free radicals**. Affects your entire **cardiovascular system**.
- It is used for the **absorption of iron** as well as for the formation of **connective tissue** and **nerve fibers**. Helps to regulate **cholesterol levels**.
- *Recommended daily dose 1–1,5 mg/0,00003-0,00005 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: up to 2 mg/0,00007 oz**

Zinc

- It is part of **250 enzymes**. Protects against **free radicals**.
- Responsible for **cell division** and **cell growth**. Contributes significantly to the functioning of your **immune system**.
- Important for your **nervous system**, **cardiovascular health** and **hormone production**. An indispensable element in almost all **regeneration processes**.
- *Recommended daily dose: 7–10 mg/0,00024-0,00035 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: up to 2 mg/0,00007 oz**

Manganese

- Component of important **radical scavengers** (antioxidants).
- Has an influence on your entire **energy metabolism** and **brain function**.
- Promotes **inner serenity**, activates your **liver**, protects against environmental toxins.
- *Recommended daily dose: 1–3 mg/0,00003-0,00010 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: up to 1,3 mg/0,000045 oz**

Chrome

- Stimulates the **enzymes** of **fat** and **carbohydrate metabolism**.
- Improves your **stamina** and **general energy level**. Has a positive influence on your **nervous system** and **cardiovascular system**.
- *Recommended daily dose: 0,03–0,2 mg/0,000001-0,000007 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: 0,08 mg/0,0000028 oz**

Selenium

- Neutralizes **free radicals**, promotes **detoxification** of **heavy metals**.
- Component of many **enzymes**. Ensures **elasticity of tissues**.
- Significantly promotes **cell metabolism**, **immune system** and many **liver functions**.
- *Recommended daily dose: 30–70 µg/0,000001-0,000002 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: 50 µg/0,0000017 oz**

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Molybdenum

- Component of many **enzymes**, supports your **immune system**. It is instrumental in the **utilization of iron** as well as your **metabolism of fat and carbohydrate**.
- *Recommended daily dose: 50–100 µg/0,0000017-0,0000035 oz*
- **Content in 100 g/3,5 oz NingXia wolfberries: 80 µg/0,0000028 oz**

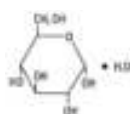
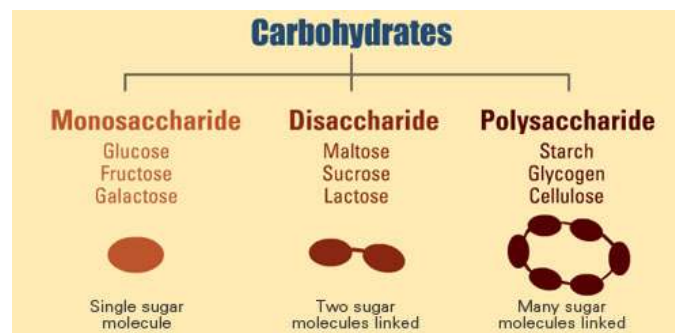
Other trace elements found in the NingXia wolfberry: Aluminum, arsenic, barium, beryllium, lead, boron, cadmium, germanium, cobalt, lanthanum, lithium, nickel, niobium, mercury, silver, strontium, titanium, vanadium, yttrium, tin and zirconium.

The NingXia wolfberry contains the highest known levels of immune-enhancing polysaccharides

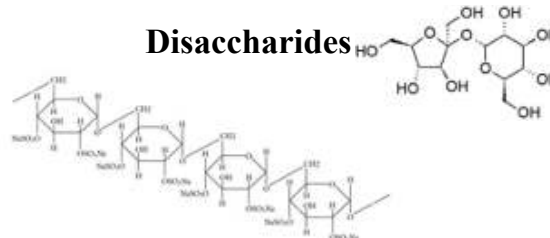
These polysaccharides are responsible for many good properties of the wolfberry, e.g. support of your immune system as well as strengthening your cardiovascular system. They make up about 30% total weight of the berry (= immense energy!).

Polysaccharides are a multiple sugar complex(e.g., starch, dextrin, cellulose, pectin, glycogen) and have complex effects including healthy blood sugar, healthy cholesterol levels, healthy blood pressure and your immune system.

Disaccharides (sucrose, lactose, maltose) and simple sugars (monosaccharides, such as glucose, fructose, galactose) are easily and quickly absorbed by cells and lead consequently to sugar lows.



Monosaccharides



Disaccharides

Polysaccharides

The NingXia wolfberry is the highest quality vegetable protein source

The Goji from Ningxia contains **all 9 essential amino acids** in an amount that is almost unique in the plant world - it consists of over 15% protein! It is also interesting for vegetarians and vegans. More and more athletes are starting to incorporate the goji berry into their nutritional program.

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Essential amino acids in NingXia wolfberry and other food supplements (in mg/oz)

100 g/3,52 oz	Isoleucine	Leucine	Lysine	Methionine	Phenylalanine	Threonine	Tryptophan	Valine	Arginin half essential
Dried Goji	330/0,01 oz	590/0,02 oz	350/0,012 oz	120/0,004 oz	350/0,012 oz	430/0,015 oz	140/0,0049 oz	400-1000/0,014-0,035 oz	920/0,032 oz
Blueberries	13/0,0004 oz	20/0,0007 oz	7/0,0002 oz	5/0,00017 oz	14/0,00049 oz	8/0,00028 oz	6/0,00021 oz	14/0,00049 oz	30/0,0010 oz
Apples	7/0,0002 oz	15/0,0005 oz	14/0,00049 oz	-	8/0,00028 oz	7/0,0002 oz	5/0,00017 oz	12/0,0004 oz	7/0,0002 oz
Bananas	34/0,0011 oz	68/0,002 oz	50/0,0017 oz	7/0,0002 oz	35/0,0012 oz	38/0,0013 oz	6/0,00021 oz	15/0,0005 oz	55/0,0019 oz
Stewed broccoli	112/0,0039 oz	130/0,0045 oz	143/0,005 oz	32/0,0011 oz	83/0,0029 oz	78/0,0027 oz	29/0,001 oz	11/0,0003 oz	147/0,005 oz
Dried peas	190/0,0067 oz	320/0,01 oz	310/0,01 oz	85/0,002 oz	210/0,007 oz	200/0,007 oz	40/0,0014 oz	225/0,0079 oz	680/0,023 oz
Baked potatoes	92/0,003 oz	140/0,0049 oz	149/0,005 oz	28/0,0009 oz	98/0,0034 oz	89/0,0031 oz	33/0,001 oz	130/0,0045 oz	106/0,0037 oz
Cooked brown rice	103/0,0036 oz	210/0,007 oz	105/0,0037 oz	53/0,001 oz	132/0,004 oz	102/0,0035 oz	34/0,001 oz	148/0,0005 oz	190/0,0067 oz
Flax seed	450/0,015 oz	570/0,02 oz	350/0,012 oz	210/0,007 oz	400/0,014 oz	420/0,014 oz	200/0,007 oz	480/0,016 oz	1700/0,059 oz
Recommended daily dose	700/0,024 oz	900/0,031 oz	740/0,026 oz	600/0,02 oz	800/0,028 oz	430/0,015 oz	200/0,007 oz	850/0,029 oz	Not specified

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II. NingXia Red



NingXia Red combines vitamin, mineral and trace element-rich puree from the Ningxia wolfberries as well as the powerful antioxidant juices of blueberries, aronia berries, cherries, pomegranate and plums. It is enriched with natural stevia, grape seed and vanilla extract as well as the "Seed-To-Seal" quality essential oils of Orange, Yuzu, Lemon and Tangerine.

This blend supports your healthy body from head to toe. NingXia Red is your perfect choice for optimizing overall well-being and achieving a new level of health.

NingXia Red is halal and kosher certified, contains no artificial sugar and has a unique, balanced taste profile that enhances the pure essence of Ningxia wolfberry. **In a university blind study on super juices, 77% of participants voted NingXia Red as the preferred juice.**



Here are the ingredients at a glance:

NingXia Wolfberry puree, blueberry concentrate, plum concentrate, cherry concentrate, aronia concentrate, pomegranate concentrate, grape seed extract, "Seed-To-Seal" quality essential oils of Orange (*Citrus sinensis*), Yuzu (*Citrus junos*), Lemon (*Citrus limon*) and Tangerine (*Citrus reticulata*); Tartaric acid, natural blueberry flavor, pure vanilla extract, malic acid, pectin, sodium benzoate, natural stevia extract.

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NingXia Red contains the NingXia wolfberry

The NingXia wolfberry because of its 30% contents of polysaccharides is a long-term energy source. The long-term use of wolfberries (*Lycium barbarum*) can support mobility, longevity and vitality.

Recent studies have shown that drinks containing wolfberries have a longer-lasting effect on energy and calorie metabolism. NingXia Red is an easy and delightful way to experience pure NingXia wolfberries and feel a natural increase in energy without having side effects from coffee or energy drinks.

NingXia Red contains plant fibers

The NingXia wolfberry contains 91% more plant fibers than raw oats. This can support among other things your healthy heart.

NingXia Red contains alpha and beta carotene

NingXia wolfberries are rich in carotenoids that support and strengthen your eye health and healthy body.

NingXia Red contains xanthine

Xanthine is a pigment that is in your eye's point of strongest vision (fovea). The NingXia wolfberry has 11x more of the eye-protecting zeaxanthin (highest content of food - 27,800 μg in 100g/3.5 oz), such as raw egg yolk (*second highest level* - 1253 μg / 100 g/3.5 oz). Orange juice (80 μ /100 g/3.5 oz) and carrots (23 μg /100 g/3.5 oz) have drastically lower values.

NingXia Red contains antioxidants

Free radicals have dramatically negative effects on your cells when they are abundant. They develop in a very natural way through your metabolism in the mitochondria and in the cells of your immune system. Free radicals increase by stress combined with an unhealthy lifestyle. If these superoxides become too much, they then begin their work of destruction beyond natural limits.

You have a whole host of antibodies in your cells that prevent these ravenous predators from cracking cell membranes. These are in the order of superoxide dismutase and its subforms in the mitochondria inside the cells. In addition you have the entire range of water-soluble vitamins such as B and C and the large number of fat-soluble vitamins in your cell membranes.

NingXia Red is the only diet supplement containing wolfberry extract that improves immune function (JANA). According to a clinical study, the improvement in immune defense is 81% (as measured by increase in phagocytes).

NingXia Red contains "Seed-To-Seal" quality essential oils



In addition to "Seed-To-Seal" quality essential oils of Orange, Lemon, Tangerine and Yuzu, NingXia Red increases the absorption of vitamins, minerals and trace elements to 80% - compared to 20% -30% absorption (uptake into your body) in conventional dietary supplements.

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This selected blend of "Seed-To-Seal" quality essential oils now ensures that NingXia Red contains 93% d-limonene as well as powerful antioxidants. Therefore, NingXia Red contains most of the "Seed-To-Seal" quality essential oils and d-limonene in a fruit infusion worldwide. They shape the first-class taste of NingXia Red and support healthy cell function in your body.

NingXia Red contains blueberry, morello cherry & aronia = antioxidant-rich foods



Blueberries contain polyphenols that reduce free radical damage. Anthocyanin is one of the pigments that belongs in the group of flavonoids (= powerful antioxidants) that you can find in berries, black beans and black olives.

Cyanidin is a pigment belonging to the group of Anthocyanine, which occurs in morello cherries and aronia berries. Cyanidin neutralizes free radicals.

NingXia Red contains pomegranate juice



Pomegranate juice is full of powerful polyphenols such as anthocyanin and tannin. This juice protects body fat from peroxidation (rancidity).

III. NingXia Nitro

NingXia Nitro gives you extra strength before your workout or for concentration, focus and energy right from the morning.

It is a healthy energy drink, consisting of a perfect blend of:

- **Fruits and fruit extracts** with a **high C-3-G-content**,
- **Energy enhancing** natural ingredients,
- **Neurotransmitter enhancing** essential oils,
- **Energizing** essential oils,
- **Thermogenic** essential oils,
- **Increased energy** vitamins.

NingXia Nitro:

- Supports the **production of cell energy**,
- Supports your **healthy brain function**,
- Stimulates your **healthy metabolism**,
- Increases your feeling of **satiety**.



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1. NingXia Nitro contains Ningxia wolfberry –

it contains cyanidin-3-glycosides: protects your nerves and is a powerful antioxidant.

2. NingXia Nitro contains a powerful fruit blend

of morello cherries, cherries, kiwi, acerola, currants, mulberries, blueberries, raspberries, strawberries and cranberries – full of vitamins, flavonoids, carotenoids and minerals.



3. NingXia Nitro contains the essential oil of Yerba Maté –

from Brazil - with natural caffeine and antioxidants. It is considered by the Indio population as fortifying for the heart and ability to slenderize. The new essential oil from Yerba Maté concentrates the bioactivity of this herb.



Maté has been known for centuries in the traditional cultures of South America to reduce mental and physical fatigue. In Brazil, Paraguay and Argentina Maté is served as a tea-like beverage.

4. NingXia Nitro contains the extract of green tea

Green tea boosts your **shen** (mind power) and reduces body fat.

5. NingXia Nitro contains D-ribose

Special supplier for your muscle energy by boosting metabolism.

6. NingXia Nitro contains Korean ginseng extract

Panax Ginseng boosts **chi** (energy); fatigue has no chance..



Panax ginseng has been traditionally used in China for thousands of years for its anti-fatigue and recovery benefits.

"The irreplaceable effect of Panax Ginseng is to recharge Qi [Vital Force or Life Energy] and prevent fatigue." (Jilin Agricultural University, China)

7. NingXia Nitro contains the essential oil of cocoa



It is aphrodisiac and mood-enhancing. Cocoa (chocolate) essential oil is extracted from the cocoa bean. This super-antioxidant-concentrate is higher in vitamin C than orange and has 20x as many antioxidants as green tea. Cocoa's essential oil rejuvenates, regenerates and supports your circulation. Theobromine, serotonin and dopamine contained in cocoa can cause a mood-enhancing effect.

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Cocoa is also called "the food of the gods". Cocoa oil is said to have a stimulating and aphrodisiac effect and, in addition to the high fat content, also contains a large number of different and sometimes valuable ingredients (estimates are approx. 300 different substances).

IV. NingXia Zyng

Do you need something light and sparkling in between without toxifying yourself with artificial sugars, sweeteners, preservatives or flavors? Do you need an energy boost or just something tasty for your barbecue party?

NingXia Zyng gives you the kick of freshness with the energizing "Seed-To-Seal" quality essential oils of **Black Pepper** and **Lime** that combines the full flavors and benefits of **NingXia Wolfberry Puree** and **White Tea Extract**.

Niacin and pantothenic acid in **NingXia Zyng** promotes your healthy energy metabolism and helps against feelings of tiredness and fatigue. Vitamin A supports your healthy iron metabolism. The spicy essential oils give you a loving "kick in the butt" and good mood. It's best that you enjoy this sparkling drink with ice cubes.

Below are some suggestion how and when you can drink NingXia Zyng:

- Drink NingXia Zyng whenever you feel tired and exhausted and need a natural boost of energy.
- Pour NingXia Zyng into a glass and refine it with the "Seed-To-Seal" quality essential vitality/+ oils of Orange, Tangerine, Peppermint, Thyme or Lemon.
- Enjoy NingXia Zyng at your barbecue or in between instead of artificial energy drinks or sodas.

Ingredients: Carbonated water, evaporated cane sugar, pear juice concentrate, wolfberry (*Lycium barbarum*) puree, citric acid, blackberry juice concentrate, natural flavor, white tea leaf extract, stevia rebaudiana leaf extract, D-calcium pantothenate, niacinamide, Black Pepper (*Piper nigrum*) fruit oil, Lime (*Citrus latifolia*) peel oil, D-alpha-tocopherol acetate, Pyridoxine hydrochloride, Retinyl palmitate.



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V. Wolfberry Crisp Bars

Do you want to build up your muscles and your healthy metabolism with high-quality proteins and enjoy more energy performance? Are you looking for a healthy snack that will provide you with valuable vitamins, minerals and trace elements?

Your healthy body needs powerful proteins to energize and build muscle tissue especially right before and immediately after your workout. Proteins give your body cells their structure and are involved in almost all metabolic processes in your body. Proteins not only build up hormones, connective tissues, muscles and DNA, but every single small cell.

The Wolfberry Crisp Bars contain 16 grams/0,56 oz of protein from almonds, soy, wolfberries and pumpkin seeds. Not only do they taste really good, they also nourish your healthy body and effectively quench cravings. The contained wolfberries and nuts have an antioxidant and therefore a positive effect on your healthy immune system.

Ingredients: Whey crisps (whey protein isolate, whey protein concentrate, tapioca starch, cocoa (processed with alkali), calcium carbonate, sunflower lecithin), isomaltooligosaccharide, dark chocolate flavored coating (cane sugar, palm kernel oil, cocoa powder, sunflower lecithin, salt), pea crisps (pea protein, rice starch), ancient grain granola (gluten free whole rolled oats, evaporated cane juice, rice syrup, flax seed, coconut, puffed quinoa, amaranth, chia, vanilla, salt) organic brown rice syrup, coconut, wolfberries, almonds, quinoa, honey, glycerin, einkorn flour, organic sugar, gum arabic, organic virgin coconut oil, natural flavor, sea salt, cocoa extract, mixed tocopherols



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VI. Time To Bring NingXia Power Into Your Life!

1. Bring NingXia Power into your life, starting with **20 ml/0,67 fl. oz NingXia Red daily in the morning** (equivalent to a filled "shot"). *Within 30 days, observe how your energy level and overall well-being are changing.*
2. Always have a supply of **NingXia wolfberries** in your kitchen and sprinkle a handful into your **morning cereal, morning smoothie**, or your **snacks** in between. The NingXia wolfberries can be ordered as dried berries in the 453 g/15,9 oz pack directly in your Young Living member account.
3. Instead of **artificial sweets**, boost your energy levels and overall well-being in between with the delicious **Wolfberry Crisp Bars**, which you can order as a pack of **six bars**.

You can order **NingXia Red Juice** as 60ml/2,02 fl. oz. single packs in the 30s, 60s or 90s stock (great for on the go!), or as a **750ml/25,3 fl. oz bottle** in a pack of two, four, six or eight.

Or you can start your 2-months supply with one of the two practical NingXia sets:

The “Premium Starter Kit“ with Ningxia Red contains:

- NingXia Red – 2 x 750-ml/25,3 fl. oz bottles
- 32 NingXia Red single packs (60 ml/2,02 fl. oz)
- NingXia Nitro
- 5 ml of “Seed-To-Seal“ quality essential oil **Stress Away**
- the AromaGlide™-Roll-On attachment
- 5 ml Orange Vitality/+
- Business cards (10 pieces)
- 10 Oil sample bottles
- Product catalog
- Starter kit "Basic": marketing literature



NingXia Red Essential Rewards (only available in the essential rewards program):

- 4 NingXia Red Bottles(750 ml/25,3 fl. oz)
- 30 NingXia Red Single Packs (60 ml/2,02 fl. oz)
- NingXia Red Broschure



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Get Young Living's essential oils and your NingXia products as a customer (retail customer) or **become a Young Living member** (wholesale customer or reseller) for free. As a Young Living member, you get the Premium Starter Set and all other products at wholesale price - 24% off the retail price, without having to sell the oils and other products.

If you want to order regularly, you should always enroll in the Essential Rewards program (Autoship, ALS). Similar to collecting airline miles, **in the first three months you will already receive 10%** of the PV of your product purchases, which you can spend in products after just two months. **After four months, you will already receive 20%** on each of your product purchases and **from 25 months in the "Essential Rewards" program, you will get 25%** on the PV of your product purchases - *a whole quarter of the shopping value!* Overall, the 49% margin compared to the retail price!

In the Essential Rewards program, you can freely change your delivery date within the calendar month, as well as discontinue the products for your monthly order - do not forget to delete the ordered products from the previous month from the order form.

In Essential Rewards you will receive reduced shipping costs and additional 5ml free oils on the 3rd, 6th, 9th, 12th month and then once a year (the "Loyalty" oil blend) as well as a 5ml free oil each time your order 120 PV order value exceeds. With normal orders (100PV) you save 400,- to 500,- only by being in Essential Rewards.

Participation in the Essential Rewards program can be canceled at any time simply by calling YL Customer Service or emailing customerservice@youngliving.com - do not forget to *redeem your points*.

Become a team member in the group of the person who invited you to receive this special report or choose the person you like among <https://eotq.org/aromaexperts/>

If you have enrolled with **Young Living through a member of Team ENJOY** (see <https://eotq.org/aromaexperts/>), you are welcome to attend regular **essential oil trainings and webinars** that will teach you the many application techniques as well as deeper knowledge of the subject of "NingXia Power".



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