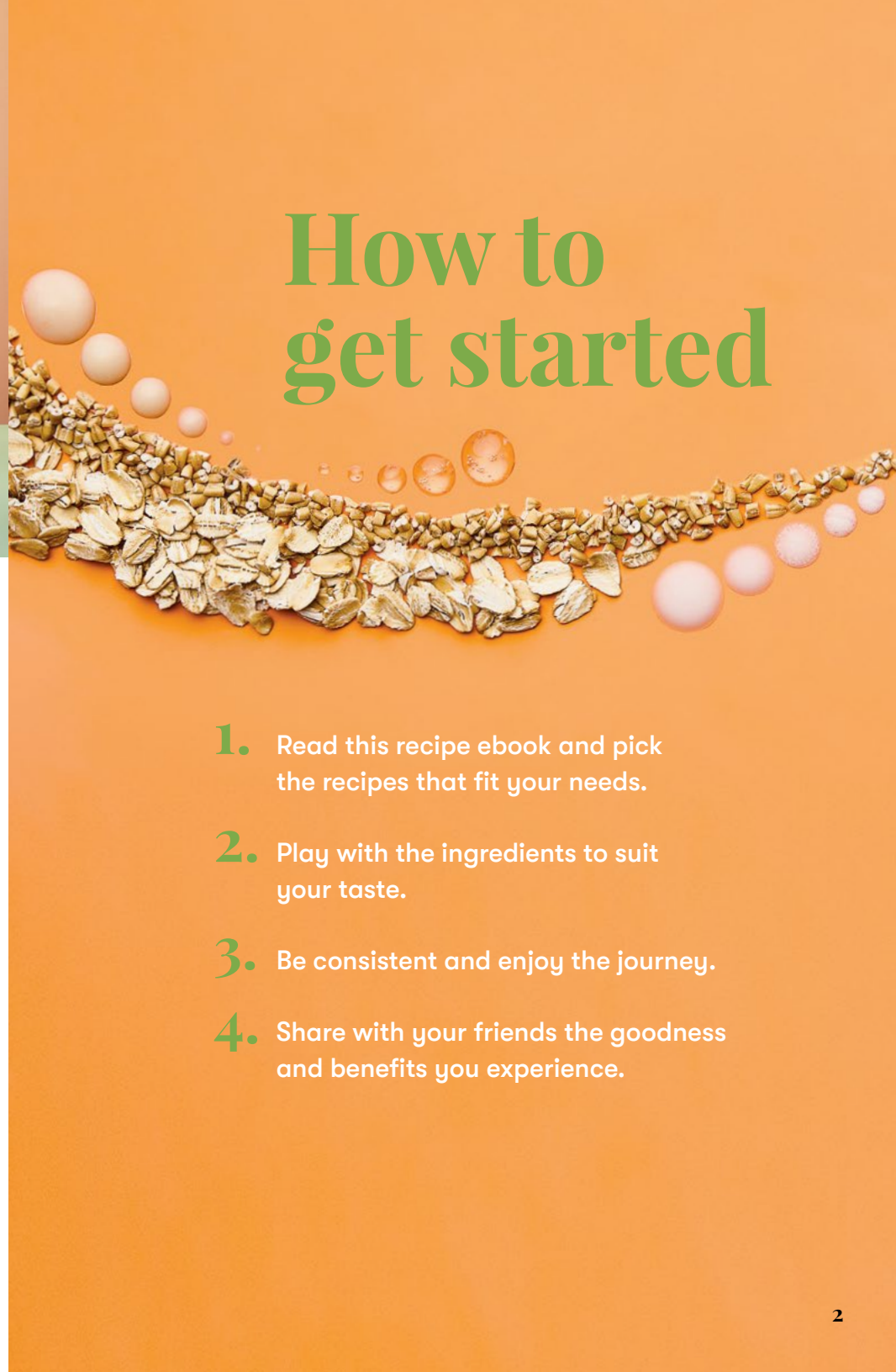


Mix it up

Making the most of Young Living
liquid and powder oil-infused supplements



YOUNG  LIVING®
ESSENTIAL OILS



How to get started

Let's make getting your nutrients simple . . .

All of us know we need to eat healthy to stay healthy, but between long workdays, family responsibilities, and weekend activities, it can be hard to find the time. We also know how difficult it is to find fresh, responsibly grown food that still has its full nutritional value. Thankfully, there's an easier way.

Young Living has a vast selection of nutritional oil-infused supplements that work together synergistically to support your wellness. While each one offers amazing benefits on its own, combined they become supplemental powerhouses. In this guide, you'll learn how to mix and match our supplements in smoothies, drinks, and wellness boosts for a quick and tasty way to meet your unique nutrition needs.

Enjoy the recipes in this ebook and coming up with your own to share with us!

1. Read this recipe ebook and pick the recipes that fit your needs.
2. Play with the ingredients to suit your taste.
3. Be consistent and enjoy the journey.
4. Share with your friends the goodness and benefits you experience.

Simple steps for nutrient-packed smoothies

Starting your day with a smoothie is an easy way to sneak in a portion of fruits and veggies and stay consistent with taking your Young Living oil-infused supplements. Smoothies are also the ideal snack to energize your afternoons or refuel after a workout.



Step 1 Choose your base

Start with 8-12 ounces water, plant-based milk, coconut water, or fresh juice.



Step 2 Add liquid/powdered mixers

Add a serving of the Young Living liquid and/or powdered supplements of your choice. Play and experiment with different combinations to find out what suits your taste!



Step 3 Add ingredients

Frozen or fresh fruit (avocado, banana, berries, etc.)
Veggies (cucumber, carrot, celery, etc.)
Leafy greens (kale, spinach, microgreens, etc.)
Yummy extras (spices, nut butters, granola, etc.)
Add-ins (Vitality™ essential oils, YL Vitality Drops, etc.)



Step 4 Blend, enjoy, and share!

Share your recipes with your team and watch for Facebook posts to share!

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Power Meal™ Find the power in the powder

Back by popular demand, Power Meal is a true meal replacement packed with plant-based protein and real whole foods. **What's in a scoop?**

- 20 grams of vegan protein, including pea, pumpkin seed, flax seed, and sunflower seed protein
- 17 vitamins and minerals, including vitamin B for mental energy and vitamin C, vitamin D, magnesium, zinc, calcium, and potassium for healthy immune system support
- 11 fruits and veggies, including apples, wolfberries, blueberries, raspberries, strawberries, lucuma, carrots, broccoli, tomatoes, spinach, and sweet potatoes
- 3 grams tapioca fiber and a targeted enzyme blend to support the gut microbiome and healthy digestion
- 0 added sugars, with natural sweetness from fruit and Reb M, a calorie-free sweetener derived from fermented non-GMO sugar cane
- Medium-chain triglycerides, which are healthy fats that provide energy
- Orange essential oil for an extra punch of sweetness

Try this: Two scoops in 8 ounces of water, plant-based milk, or NingXia Red® for a healthy, balanced meal

NingXia Greens® One-scoop solution to wellness

With NingXia Greens, getting your daily dose of greens is as simple as scooping and blending our superfood powder into your favorite drink or recipe. **What's in a scoop?**

- 60+ fruits and veggies for a powerful punch of antioxidants and nutrients
- 5 varieties of mushrooms containing beta glucans to support a healthy immune system
- Enzymes and fiber to support gut health and energy production
- MultiGreens™ proprietary essential oil blend, formulated by D. Gary Young, to boost vitality by supporting the glandular, nervous, and circulatory systems*
- 0 added sugars for a super clean product with no artificial sweeteners, fillers, or added flavoring

Try this: One scoop mixed into a smoothie or protein shake for added nutrition





Inner Beauty Collagen

It's glow time!

Inner Beauty Collagen fuels your natural beauty from the inside out with a vibrant blend of nutrients that support radiant-looking skin, hair, and nails. **What's in a scoop?**

- 5 grams of type I marine collagen peptides, supporting skin, hair, and nails
- Hyaluronic acid supporting skin hydration
- Prebiotic fiber for healthy digestion*
- Vitamins and minerals for overall wellness
- Antioxidants, vitamin C, and zinc to help prevent oxidative stress and support collagen synthesis for glowing skin*
- Natural peach ceramides (extracted from Japanese peaches) to help provide hydration to the skin, decreasing dryness
- Vanilla essential oil for a neutral flavor that goes well with any beverage

Try this: One scoop in your morning beverage of choice for visible results in just three weeks



Sip smarter!



Power-packed smoothies

Daily Wellness

8-10 ounces water or your choice of plant-based milk
 1 scoop Power Meal
 1 scoop NingXia Greens
 1 scoop Inner Beauty Collagen
 1 banana, frozen
 ½ lemon, juiced

Add YL Vitality Drops or Vitality oils to create your own flavor.

MindWise Mixer

1 cup water
 1-3 MindWise Sachets or 2-4 teaspoons from the bottle
 2-4 ounces NingXia Red
 6 almonds, raw and soaked
 1 cup wild blueberries, frozen

If you'd prefer to not use almonds, substitute a small handful of chia seeds.

Blue Zone

8-10 ounces water or your choice of plant-based milk
 1 scoop Pure Protein Complete
 1-2 MindWise Sachets
 2 ounces NingXia Red
 Handful of blackberries
 Handful of blueberries
 Handful of kale or spinach
 1 drop Lemon Vitality essential oil

Be sure to blend well to avoid large bits of unblended greens.

Smoothie tips:



You can substitute protein powders for any YL favorites you already have on hand.



Add a handful of ice for more of a smoothie experience.

Afternoon Energy

8-10 ounces water or your choice of plant-based milk
 1-2 scoops Power Meal
 1 scoop NingXia Greens
 1 scoop Inner Beauty Collagen
 2-4 ounces NingXia Red
 1 NingXia Nitro
 3 drops Cinnamon Bark Vitality essential oil
 3 drops Orange Vitality essential oil

For a thicker smoothie, add your favorite fruits.

ReJUVAnate

8-10 ounces water or your choice of plant-based milk
 1-2 scoops Power Meal
 1 tablespoon JuvaPower
 Handful of spinach
 ½ of an avocado
 ½ lemon, juiced or whole
 1-3 drops GLF Vitality essential oil blend
 1-3 drops JuvaCleanse essential oil blend
 1 drop Lemon Vitality essential oil
 1 drop Orange Vitality essential oil

Enjoy this smoothie at least weekly to support healthy, normal liver function.

Morning Star

8-12 ounces water
 2 ounces NingXia Red
 1 NingXia Nitro
 ½ scoop ICP Daily
 ½ scoop AminoWise
 ½ teaspoons Golden Turmeric
 6-8 drops Mineral Essence

Add a hint of citrus, mint, or spice with Vitality essential oils and enjoy!

Mint Chocolate Protein Shake

8 ounces water or your choice of plant-based milk
 1 scoop Pure Protein Complete Chocolate Deluxe
 Handful of spinach or kale
 1-2 drops Peppermint Vitality essential oil
 12 ice cubes

Consider adding supplements that taste better diluted, such as Mineral Essence and/or JuvaPower.

Green Citrus Mango

1 cup water
 1 teaspoon NingXia Greens
 ½ teaspoon Golden Turmeric
 ¼ avocado
 1 cup mango, frozen
 ½ lemon, juiced
 1-2 drops Citrus Fresh Vitality essential oil blend

For extra nutrition, add a scoop of your choice of protein powder, plus an ounce of water.

Athletic Boost

8-12 ounces water or your choice of plant-based milk
 1 Slique Shake packet or 1 scoop Pure Protein Vanilla Spice and 1 scoop Balance Complete
 1 scoop AminoWise
 1 scoop NingXia Greens
 1 NingXia Nitro
 ½ banana, fresh or frozen
 1-3 drops Lemon or Lime Vitality essential oil

Toss in more fruits or veggies for nutrients and flavor and drink before or after a workout.

Mind your milks

Milk adds a creaminess to your smoothie, but not all milks are created equal. We recommend plant-based alternatives since cow's milk and dairy products can cause mucus in the gut, creating an inflammatory response. Water also works if you want a smoothie that's lighter and more hydrating.

Remember, less is more

Flavoring with Vitality™ essential oils can be tricky and take some experimentation. Some oils are so potent that a single drop can be overpowering to some palates. To start with the smallest amount of essential oil, try the toothpick technique. Dip a toothpick into the essential oil and then swirl it into your recipe. If you end up adding more and more, then a drop of Vitality essential oil may be just right. Play and have fun!

Tips & Tricks

Blend bubbles with water only

While you can combine most of our powdered and liquid supplements to create a synergy of nutrients, some effervescent formulas work best alone. If a product fizzes when added to water, such as AlkaLime™ and MegaCal™, keep your recipe simple with a refreshing water base.

Look at the label

Most of these recipes are great for all ages, even your littlest—and pickiest—eaters! For children 10 and under, you can use smaller quantities. Since dosing recommendations may vary, check the supplement labels prior to usage.

Get creative with flavor

Who needs artificial sweeteners when you have Vitality oils, YL Vitality Drops, and YL Vitality +Energy Drops? Play around with different flavor pairings and how they make you feel. You can even use them to camouflage any unappealing tastes from your greens or supplements.



Young Living drinks

Daily Wellness Mocktail

1 cup water with ice
 ½ teaspoon Golden Turmeric
 2 ounces NingXia Red
 1 drop Cardamom Vitality essential oil

Feel free to change out the Vitality essential oil—get creative for different flavors!

ReJUVAnate Water

1-2 cups water
 1 tablespoon JuvaPower
 2 slices fresh orange
 1 teaspoon Yacon Syrup

You can also use fresh maple syrup instead of Yacon Syrup for that bit of sweetness.

Varun's Morning Favorites

1 cup water
 2-4 ounces NingXia Red
 ½ teaspoon Golden Turmeric
 1 serving ICP Daily

This drink is ideal to get your day started with movement and energy.

NingXia Bomb

1 NingXia Red Sachet or 2 ounces from the bottle
 1 NingXia Nitro
 1 NingXia Zyng

Add in 1-3 squirts of Mineral Essence or any flavor of YL Vitality Drops.

Golden Orange Lemonade

1 cup sparkling water
 ½ teaspoon Golden Turmeric
 1 teaspoon Yacon Syrup or fresh maple syrup
 2 slices fresh orange
 ½ lemon, juiced
 1-3 drops Lemon Vitality essential oil
 1-3 drops Orange Vitality essential oil

Quadruple this recipe for a unique party punch your guests will love!

Golden Bliss Milk

6 ounces plant-based milk of your choice, heated
 ½ teaspoon Golden Turmeric
 1 drop Cardamom Vitality essential oil
 1 drop Cinnamon Bark Vitality essential oil

Allow the drink to cool to sipping temperature. Enjoy during your evening wind-down.

Nightly Rest and Restore

1 cup warm water
 1 teaspoon MegaCal
 ½ teaspoon Golden Turmeric

Enjoy an hour before bedtime.



The Red Drink

20 ounces water
 2 ounces NingXia Red
 1 scoop Sulfurzyme
 3 drops Lime Vitality essential oil

For added fun, toss in a handful of Organic Dried Wolfberries to soak as you sip throughout the day. Enjoy them as a snack later!

Zyng of the Day

1 can NingXia Zyng

Add in your choice of one or more of the following: NingXia Nitro, YL Vitality Drops, YL Vitality +Energy Drops, or any Vitality oils.

Wolfberry Water

1 cup water
 Handful Organic Dried Wolfberries
 YL Vitality Drops or Vitality essential oils of your choice

Chill the water as the wolfberries soak overnight. Enjoy the infused water in the morning and remember to eat the berries too!

Lavender Lemonade Pitcher

4 cups cold water (or sparkling water if desired)
 5 fresh lemons, juiced
 ½ cup raw honey or Yacon Syrup
 1-3 drops Lavender Vitality essential oil (depending on flavor desired)

Stir all ingredients together and serve over ice and with lemon wedges.



Down the hatch!

Wellness boosts

Do you like quick and easy? Do you feel like you could use an extra boost of energy and nutrients? Try these wellness shots! They're the perfect pick-me-ups for whenever and wherever—on the go or at home.

Balance Boost

1 packet AlkaLime
4-6 ounces water
1 drop Lime Vitality essential oil

Beauty Boost

1 scoop Inner Beauty Collagen
½ cup water
1 drop Vitality essential oil (your choice for flavor)

Energy Boost

1 NingXia Red Sachet
1 NingXia Nitro
1-3 droppers Mineral Essence

Green Boost

1 teaspoon NingXia Greens
½ cup water
1 drop Lemon Vitality essential oil

Juva Boost

1 teaspoon JuvaPower
½ cup water
1 drop JuvaFlex Vitality essential oil blend

K & B Boost

2 ounces NingXia Red
1 squirt K & B

Mineral Boost

2 ounces NingXia Red
2-3 droppers Mineral Essence

Red & White Boost

2 ounces NingXia Red
1 squirt Rehemogen

The Slique Boost

2 ounces NingXia Red
1-3 drops Slique Essence essential oil blend

Turmeric Boost

½ teaspoon Golden Turmeric
½ cup water

Powder mixers

Protein powder mixers

Balance Complete™ is a delicious meal replacement that is an effective approach to weight-loss goals when included as part of a calorie-restricted diet and helps support a healthy immune system, muscle growth and recovery, and cleansing of the digestive system.*

Inner Beauty Collagen supports your natural radiance with a highly soluble form of bioavailable type I marine collagen, peach ceramides, hyaluronic acid, and antioxidants.

Power Meal™ is a nutrient-dense, vegan meal replacement shake that contains 20 grams of plant-based protein to keep you going strong.

Pure Protein Complete™ supports your workout routine with a proprietary five-protein blend, Orange premium essential oil, BCAAs, enzymes, and probiotics to support metabolism and ATP production and to help build lean muscle.* Enjoy it in two tasty flavors: Chocolate Deluxe and Vanilla Spice.

Slique® Shake is a complete meal replacement shake powered by Slique Essence™ premium essential oil blend, 16 grams of protein, and a variety of vitamins, minerals, and fruit and vegetable extracts.



More powder mixers

AminoWise™ enhances muscle performance, reduces fatigue, and supports muscles during and after exercise using a triple-targeted formula that features branched-chain amino acids, premium essential oils, antioxidants, and minerals.*

AlkaLime® helps maintain optimal pH in the stomach with an alkaline blend of biochemical mineral salts, lemon powder, and premium essential oils that also work together to soothe occasional upset stomach.*

Golden Turmeric™ is a delicious mango rose turmeric drink that supports the body's natural response to inflammation, immune response, joint health, mobility, and recovery after physical exertion.

ICP™ is a gentle intestinal cleanse that uses an advanced mix of fibers and premium essential oils to improve nutrient absorption, decrease the buildup of waste, and help maintain a healthy heart.*

ICP Daily™ is a delicious daily prebiotic and fiber drink that contains 6 grams of plant-based prebiotics and 5 grams of soluble fiber to support gut, cardiovascular, and immune system health.



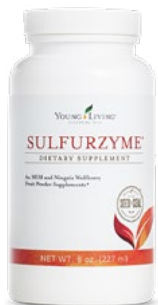
JuvaPower® combines the benefits of spinach, rice, and beets along with premium essential oils like Fennel and Anise to support healthy liver function.*



MegaCal™ is a delicious powdered drink mix that provides essential nutrients, including calcium and magnesium, to support bone health, vascular health, and normal nerve function.*



NingXia Greens® offers the benefits of 60+ fruits, vegetables, herbs, algae, and mushrooms in one easy serving to support a healthy immune system, balanced diet, optimal digestion, and energy production.*



Sulfurzyme™ Powder supports overall wellness by bolstering your joints, aiding your immune system, and supporting normal metabolic function, circulation, and bone, hair, and skin health.



Scoop of yum!

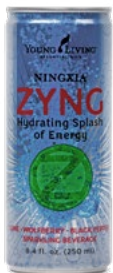
Liquid mixers



NingXia Red® is a delicious way to start your day! This exclusive superfruit supplement is packed with powerful antioxidants to help against oxidative stress, support normal cellular function, and promote healthy energy levels.*



NingXia Nitro® is a delicious, energizing wolfberry drink infused with essential oils, botanical extracts, D-ribose, Korean ginseng, and green tea extract to support alertness and cognitive and physical fitness.*



NingXia Zyng® is a refreshing, lightly carbonated drink that combines Ningxia wolfberry puree, pear and blackberry juices, and essential oils with naturally occurring caffeine from white tea leaf extract for an energizing boost.*



MindWise™ supports normal cardiovascular and cognitive health using CoQ10, ALCR, and GPC ingredients, along with fruit juices and extracts, turmeric, and premium essential oils.*



Mineral Essence™ provides essential ionic minerals that your body can quickly absorb for their maximum benefit.*



K & B™ supports normal kidney and bladder function with a combination of juniper berries, parsley, uva ursi, and premium essential oils.*



Rehemogen™ is a natural herbal supplement that supports healthy digestion and bowel function with essential oils and a complex of natural herbs.*



Slique® Essence combines Grapefruit, Tangerine, Lemon, Spearmint, and Ocotea with stevia extract in a unique blend that supports healthy-weight management goals. These ingredients work together to help control hunger.*



Yacon Syrup is a natural alternative sweetener similar to honey, maple syrup, molasses, or sugar cane syrup.

Vitality water: Water never tasted so good!

Echoing advice from nutritionists and health experts, Young Living Founder D. Gary Young educated us to drink half our body weight in ounces per day to stay hydrated. If you're like many people, however, you may struggle drinking water when it's plain and lacking flavor. That's why we offer many choices to dress up your water: YL Vitality Drops, YL Vitality Drops +Energy, and Vitality™ essential oils.



[YL Vitality Drops](#) feature premium essential oils and natural electrolytes for an extra hydration boost when added to water.* Choose from Grapefruit Bergamot and Lavender Lemonade.

[YL Vitality Drops +Energy](#) combine guarana seed extract, green tea, and Vitality premium essential oils for a delicious pick-me-up you can enjoy multiple times each day. Pick your favorite flavor between Jade Lemon Berry and Spearmint Tangerine.

Vitality essential oils are the same essential oils you already love, specifically and conveniently labeled for internal use and making flavorful additions to your favorite recipes. See page 25-30.



How do you dress up your water?

YL Vitality Drops transform boring water into a healthy, hydrating treat without sugar or artificial colors. These electrolyte water enhancers are a natural way to wake up your water!

Need a pick-me-up? YL Vitality Drops +Energy provide a clean caffeine boost backed by nature. Enjoy refreshing flavors and 20 mg of caffeine from guarana vida, Young Living's naturally sourced caffeine blend of Brazilian guarana seed and green tea. As with Vitality essential oils, a little squirt goes a long way, so experiment with what works for you.

Vitality essential oils are the flavor behind YL Vitality Drops and YL Vitality +Energy Drops. You can tell them apart from our regular oils by their white labels, which mean they're labeled specifically for infusing your drinks and recipes with flavor and goodness! With a little pinch of sea salt or Himalayan pink salt, the water and essential oils mix easily. Either way, Vitality essential oils make hitting your hydration goals deliciously simple!

Need some hydration inspiration?

Grab your favorite glass or metal water bottle—no plastic, please—and get ready to try these Vitality oil-infused water ideas. Have fun changing up your daily drops to explore all the different Vitality flavors.

Below are some ideas to keep things interesting and make the most of the oils' benefits!

Weekly water suggestions: 1-2 drops in 16 oz. water

Day	Morning ideas	Evening ideas
Monday	Lemon Vitality	Copaiba Vitality
Tuesday	Citrus Fresh Vitality	Celery Seed Vitality
Wednesday	Lime Vitality	Cilantro Vitality
Thursday	Fennel Vitality	GLF Vitality
Friday	Orange Vitality	JuvaFlex Vitality
Saturday	Lavender Vitality	Parsley Vitality
Sunday	Tangerine Vitality	Frankincense Vitality

Vitality essential oils and blends

Enjoy adding flavor and goodness to your recipes with our ingestible essential oils and blends!



Basil Vitality™

may support overall well-being when taken as a dietary supplement. Added to food, it infuses recipes with its sweet, herbaceous flavor.*



Bergamot Vitality™

may provide general wellness support and has a zesty citrus flavor that can be used to enhance your favorite foods and beverages.*



Cinnamon Bark Vitality™

contains antioxidants and may provide immune and general wellness support. In addition, it can be used to add a familiar warm and spicy flavor to your favorite foods and beverages.*



Citrus Fresh Vitality™

combines Orange, Grapefruit, Mandarin, Tangerine, Lemon, and Spearmint essential oils, which contain antioxidants and provide cleansing properties when taken internally.*



Black Pepper Vitality™

contains antioxidants, supports healthy weight management and digestive wellness when combined with a healthy lifestyle, and can be used to add a familiar, spicy flavor to foods.



Caraway Vitality™

contains antioxidants and may support the digestive and immune systems and aid with healthy weight management when taken as a dietary supplement. In addition, it can be used to flavor breads, soups, and sauces.*



Clove Vitality™

contains antioxidants and may provide immune and general wellness support. In addition, it can be used to add a familiar warm and spicy flavor to teas, sauces, and baked goods.*



Copaiba Vitality™

has a robust, earthy flavor with notes of honey. When taken internally, it supports overall wellness.*



Cardamom Vitality™

may support a healthy digestive system and gastrointestinal function when taken as a dietary supplement. In addition, it can be used to add a warm, spicy flavor to baked goods, sauces, soups, and more.*



Carrot Seed Vitality™

may support women's health and liver health when taken as a dietary supplement. In addition, it has a unique flavor that can be added to dressings or grain dishes.*



Coriander Vitality™

contains antioxidants and may provide digestive support, immune support, and cleansing properties. In addition, it can be used to add a warm, earthy flavor to cuisines from around the world.*



Cumin Vitality™

may provide cleansing and detoxifying properties and support the digestive and immune systems.* Add its warm flavor to Indian, North African, and Middle Eastern recipes.



Celery Seed Vitality™

contains antioxidants and may support overall well-being and a healthy digestive system when added to recipes high in fiber. In addition, it can be used to add an earthy flavor to sauces, condiments, and more.*



Cilantro Vitality™

provides cleansing properties and may support the digestive and immune systems.* In addition, it offers a fresh herbal flavor that you can substitute for fresh cilantro.



DiGize Vitality™

combines Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli, which contain antioxidants and may support the digestive system when taken internally.*



Dill Vitality™

contains antioxidants, may provide digestive support, and offers cleansing properties. In addition, it can be used to add a fresh herbal flavor to sauces, soups, and more.*



EndoFlex Vitality™ features Spearmint, Sage, Geranium, Myrtle, German Chamomile, Nutmeg, and sesame seed oil to create a calming and balancing aroma when diffused and applied topically. It may also support a healthy lifestyle when taken internally.*



Fennel Vitality™ has a licorice-like flavor and is fantastic in post-meal tonics and teas for digestive and general wellness support. In addition, it can be used to add a delicious flavor to sauces, soups, and marinades.*



JuvaCleanse Vitality™ combines Helichrysum, Ledum, and Celery Seed and has a unique aroma with cleansing properties. Taken internally, it can help support digestion and a healthy immune system.* It is a great addition to your daily dietary supplements.*



JuvaFlex Vitality™ combines Blue Tansy, Fennel, Geranium, Helichrysum, Roman Chamomile, and Rosemary essential oils and has an awakening aroma with cleansing and support for overall wellness. It can help support a healthy lifestyle regimen when taken internally.*



Frankincense Vitality™ has an unmistakable taste and carries properties that can help support overall well-being and a healthy immune system when taken internally.*



German Chamomile Vitality™ contains antioxidants and can be taken as a dietary supplement to support well-being and promote feelings of calmness and occasional nervous tension.*



Laurus Nobilis Vitality™ contains antioxidants, offers cleansing properties, and works as a substitute for whole bay leaves to enhance the flavor of meat and vegetable dishes and soups.*



Lavender Vitality™ contains antioxidants and may provide immune support when taken as a dietary supplement. It can also be added to foods and beverages, giving a delicate, floral flavor that combines well with citrus and herbs.*



Ginger Vitality™ is known as the “oil of empowerment.” It offers a warm, spicy flavor that enhances soups, stews, and sauces and may support a healthy digestive system when taken internally.*



GLF Vitality™ is a blend of Grapefruit, Ledum, Helichrysum, Celery Seed, Hyssop, and Spearmint essential oils that helps support normal digestion.*



Lemon Vitality™ contains antioxidants, provides immune and circulatory support, and can be used to add a fresh flavor to food and beverages*.



Lemongrass Vitality™ provides circulatory and digestive support and can be used to add a fresh, Asian-inspired flavor to your favorite foods and beverages.*



Grapefruit Vitality™ supports healthy weight management, as well as the lymphatic and circulatory systems, when taken as a dietary supplement. It can also be added to food and beverages to impart a zesty citrus flavor to your favorite dishes.*



Jade Lemon Vitality™ provides cleansing properties, supports digestive health, and can be used to add a fresh flavor to food and beverages.*



Lime Vitality™ uplifts the senses with its lively, refreshing, citrus aroma. When taken internally, it contains antioxidants and may provide general wellness support.*



Longevity Vitality™ combines Thyme, Orange, Clove, and Frankincense and may support a healthy immune system and overall wellness when taken internally.



Marjoram Vitality™

has a delicious herbal flavor and may support the digestive system when taken internally.*



Mountain Savory Vitality™

contains antioxidants and may offer immune support and cleansing properties when taken internally. It can also be used to impart a savory herbal flavor to sauces, meat dishes, and more.



Sage Vitality™

was used traditionally in clearing negative energies and can be used aromatically in this way. When taken internally, it may provide support for women's health and the digestive system.*



SclarEssence Vitality™

contains a blend of essential oils that align well with common women's wellness practices and digestive support, including Clary Sage, Peppermint, Spanish Sage, and Fennel.*



Nutmeg Vitality™

contains antioxidants, may support cognitive function and the immune system, and offers cleansing properties. In addition, it can be used to add a warm and spicy flavor to soups, fall vegetables, and baked goods.*



Orange Vitality™

supports overall wellness when taken as a dietary supplement. It can also be added to foods and beverages to impart a sweet citrus flavor to your favorite dishes.*



Spearmint Vitality™

provides digestive and general wellness support and can be used to add a fresh, minty flavor to soups, sauces, and teas.*



Tangerine Vitality™

contains antioxidants and may provide digestive, lymphatic, and immune support when taken as a dietary supplement. In addition, it can be used to add a fresh, sweet citrus flavor to foods and beverages.*



Oregano Vitality™

contains antioxidants and may provide immune support and digestive-cleansing properties when taken as a dietary supplement. It can also be used to add a bold, herbaceous flavor to your favorite dishes.*



Parsley Vitality™

contains antioxidants, offers cleansing properties, and may provide general wellness support. In addition, it can be used to add a fresh herbal flavor to seafood, poultry, and more.*



Tarragon Vitality™

contains antioxidants and may provide digestive support and cleansing properties when taken as a dietary supplement. In addition, it can be used to enhance the flavor of soups, stews, and tomato dishes.*



Thieves Vitality™

is a legendary blend of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary, which provide immune support and cleansing properties when taken internally.*



Peppermint Vitality™

promotes healthy bowel function, supports gastrointestinal system comfort, and adds a fresh, minty flavor to food and beverages.*



Rosemary Vitality™

has a bold, herbaceous flavor; contains antioxidants; and may provide immune support when taken internally.*



Thyme Vitality™

contains the powerful antioxidant thymol that supports the immune system.* You can add it to sauces and marinades for a boost of spicy, herbal flavor.

The Vitality™ Culinary Kit

contains six of our most popular Vitality oils. Start infusing your recipes with the taste of citrus, floral, mint, and herbal goodness.



Yummy extras

Like a little more substance to your smoothie?

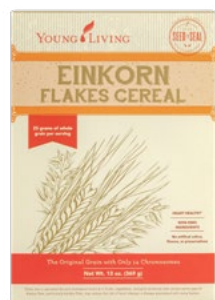
Stir these into smoothies, use them to craft smoothie bowls, or enjoy them on their own for a nutritious snack or meal.



[Gary's True Grit® Einkorn Berries](#) are made from the nutritious whole einkorn kernel. You can grind them into traditional einkorn flour, cook them into a hot cereal or spring salad, or use them to add a unique flavor and texture to recipes your whole family will love.



[Gary's True Grit® Einkorn Granola](#) is a hearty mix of naturally sourced grains, nuts, berries, and seeds for a delicious snack that offers energy on the go.*



[Gary's True Grit® Einkorn Flakes Cereal](#) is a delicious, nutrient-dense, whole-grain cereal made with einkorn and oat bran for the perfect way to start the day.*



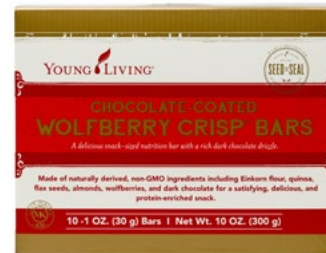
[Einkorn Crunch™](#) is a healthy, lightly sea salt-seasoned, nut-free anytime snack made from ancient einkorn grain grown on Young Living farms.



[Ningxia Organic Dried Wolfberries](#) are a sweet, organic snack from nature that's easy to make a part of your daily diet.*



[Slique® Bars](#) are a nutritious snack that features a medley of exotic fruits, nuts, and essential oils to help you curb cravings and feel full longer.* Enjoy them plain or with a chocolate coating.



[Chocolate-Coated Wolfberry Crisp™ Bars](#) combine wholesome grains, fruits, nuts, and whey into convenient, snack-sized bars for long days on the go.*



Be strong and healthy

Stock your cabinets and fridge with all you need to play with your liquid and powder oil-infused supplements! Young Living's supplements work synergistically to take the guesswork out of your nutrition needs, so you can keep your body healthy and strong. They also give you the freedom to be creative and come up with your own recipes to support your unique wellness goals. While you enjoy the tips and recipes in this ebook, we invite you to share them with your friends and family, so everyone can experience the power of delicious, plant-based nutrition.

Together, let's build a healthier world!

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