

YOUNG LIVING SUGGESTED PRODUCT CLAIMS

We know you love sharing Young Living with family, friends, and acquaintances. But what can—and can't—you say about our products? We want to give you all possible resources to share the amazing benefits of our products and to grow your business.

The following are suggested product claims, descriptions, and tips that you may use when describing some of our best-loved essential oils and blends.

AromaEase®

Topical/Aromatic

Contains: Peppermint, Spearmint, Ginger, Cardamom, Fennel

Primary Benefits

- Offers a clean, nurturing aroma
- Provides a comforting aroma when applied to neck and chest
- Diffuse to create a calm and relaxing aromatic environment
- Includes the naturally occurring constituents menthol, l-carvone, zingiberene, linalool, and ocimene

Product Description

A proprietary Young Living blend, AromaEase® is formulated with oils that create a clean, nurturing aroma. Diffuse for a relaxing aromatic environment or a comforting influence when applied to the neck and chest.

Basil Vitality™

Dietary Supplement

Primary Benefits

- Supports health and wellness*
- Is a fresh and herbaceous addition to salad dressings, sauces, and marinades
- Includes the naturally occurring constituents methylchavicol, linalool, and eucalyptol
- Included in Aroma Siez™, Clarity™, M-Grain™, and the Raindrop Technique®

Usage

- Flavor your favorite pasta sauce recipes with Basil Vitality. Add Rosemary Vitality or Oregano Vitality for even more flavor.
- Add to deli salads, Asian- or Italian-inspired soups, and custom salad dressings or vinaigrettes to share with family and friends.
- Boil pasta noodles in Basil Vitality-infused water for a subtle flavor.

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- Pair with lime juice and melons, such as watermelon and cantaloupe, for a fresh summer treat. For a more complex Flavor profile, garnish with feta.
- Mix with a mild tea, such as chamomile. Add a dash of honey to sweeten the experience.

Product Description

Basil Vitality oil (*Ocimum basilicum*) has a sweet, warm scent and flavor. This herb is found in a variety of dishes and is popular in both Asian and European cooking. With Basil Vitality™ essential oil, it's easy to add this well-loved seasoning to whatever you like. Using an essential oil, you'll get a brighter flavor than dried herbs without the hassle of fresh herbs.

Young Living's Basil Vitality essential oil pairs well with savory foods, but you can also add its sweet, slightly peppery flavor to any meal. Try Basil Vitality oil with sauces, breads, soups, chicken, or seafood. Or try a sweet concoction like basil-strawberry lemonade. If you want a lighter basil flavor in your dish, dip a toothpick in the oil and swirl it in your preparations.

BLM™

Dietary Supplement

Primary Benefits

- Nutritional support for joint mobility*
- Supports ligament health*
- Supports bone health*
- Supports muscle health*
- Supports cartilage formation*

Product Description

With an advanced combination of unique ingredients such as glucosamine, MSM, and Wintergreen and Clove essential oils, BLM™ provides nutritional support for joint mobility and cartilage formation, as well as ligament, muscle, and bone health.*

Black Pepper Vitality™

Dietary Supplement

Primary Benefits

- TBD

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Usage

- Add 1–2 drops of Black Pepper Vitality and 2 drops of V-6™ Vegetable Oil complex to a vegetarian gel capsule and take daily as a dietary supplement or as needed.
- Use in marinades and rubs for pork, beef, poultry, or seafood, or add to roasted vegetables or homemade salad dressings.
- Add to a salsa fresca or guacamole for a quick way to spice up Mexican favorites.
- Use to flavor pasta, rice, mashed potatoes, and deli salads.

Product Description

Black pepper (*Piper nigrum*) is one of the most popular spices in the world. Its distinctive flavor makes it a common addition many recipes, from appetizers to entrees. Use Young Living's Black Pepper Vitality essential oil to spice up your favorite soup, rub, or marinade recipes. Black Pepper Vitality oil can replace ground black pepper.

Black pepper is the most common and potent flavoring of the peppercorn family. Add this cherished seasoning to your kitchen with a convenient bottle of Black Pepper Vitality™.

You can find Black Pepper Vitality oil in Young Living's invigorating sparkling drink, NingXia ZynG™. The warm flavor of Black Pepper Vitality balances the sweet blend of Lime essential oil and wolfberry puree for a light and refreshing beverage.

Brain Power™

Topical/Aromatic

Contains: Royal Hawaiian™ Sandalwood, Cedarwood, Frankincense, Melissa Officinalis, Blue Cypress, Lavender, Helichrysum

Primary Benefits

- Diffuse to create an inspiring aroma
- Uplifting fragrance is great for home, office, or on the go
- Apply topically to moisturize skin
- An inspired blend with a rich, invigorating scent
- Includes the naturally occurring constituents of cedrol, alpha-pinene, guaiol, and linalool

Product Description

A member-favorite blend with a rich, invigorating scent, Brain Power™ is perfect for inhaling or diffusing to enjoy its inspiring aroma in the home, office, or on the go. Apply Brain Power topically to moisturize the skin and enjoy its inspiring scent anywhere!

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Breathe Again™ Roll-On

Topical/Aromatic

Contains: Caprylic/Capric Triglyceride, Eucalyptus Staigeriana, Eucalyptus Globulus, Laurus Nobilis, Rose Hip, Peppermint, Eucalyptus Radiata, Balsam Copaiba, Blue Cypress, Eucalyptus Bicostata, Myrtle

Primary Benefits

- Invigorating and awakening aroma
- Apply to the head, neck, chest, or under the nose
- Blended with four powerful Eucalyptus oils
- Comes in an easy-to-use, portable roll-on applicator to have on hand anytime, anywhere

Product Description

Combining four powerful varieties of Eucalyptus essential oils, Breathe Again™ Roll-On has a fresh aroma that is invigorating and awakening. Its convenient roll-on bottle makes it easy to apply to the head, neck, chest, or under the nose to enjoy its aroma.

Cedarwood

Topical/Aromatic

Primary Benefits

- Has a woody, warm, balsamic aroma
- May be added to your favorite skin care products and applied topically
- Its powerful aroma creates a relaxing, calming, and comforting atmosphere when diffused
- Its aroma allows you to enjoy the outdoors annoyance-free
- Massage into scalp for the appearance of healthy-looking hair

Product Description

With a warm, balsamic aroma, the scent of Cedarwood essential oil can help create a calming and comforting atmosphere when diffused. Combine with Citronella, Lemongrass, Rosemary, Tea Tree, Clove, or Myrtle and apply topically to enjoy the outdoors annoyance-free. Cedarwood essential oil is also perfect to add to your favorite skin care products; apply topically or massage into the scalp for the appearance of healthy-looking hair. Cedarwood is an important ingredient in Brain Power™, Grounding™, Highest Potential™ essential oil blends and Cel-Lite Magic™ massage oil.

How to Share

Cedarwood does triple duty: Add a few drops to your moisturizer and start seeing smoother-looking skin right away. With a few drops in your conditioner bottle, your hair

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will start to get that healthy-looking shine. You can even wear it as a perfume that exudes confidence and inspiration. Cedarwood also serves as a perfect base for your own custom scents! Try experimenting by combining it with other oils such as Bergamot, Neroli, or Tea Tree.

Chocolate-Coated Slique® Bars

Food

Primary Benefits

- High in fiber
- Gluten free
- No trans fats
- No preservatives
- Manages satiety
- Potato skin extract triggers the release of cholecystokinin (CCK) in the body, increasing the duration of feelings of fullness

Product Description

A delicious blend of exotic fruits, nuts, essential oils, and decadent chocolate, our Chocolate-Coated Slique® Bars are high in fiber and contain no preservatives or trans fats. Also featuring potato skin extract, they are a great choice for any weight-management regimen. This unique extract triggers the release of cholecystokinin (CCK) in the body, increasing the duration of feelings of fullness when combined with a diet high in fiber and protein and when used as part of a system that includes a sensible diet and regular exercise.

Carrot Seed Vitality™

Dietary Supplement

Primary Benefits

- Add 1–2 drops to a vegetarian gel capsule and take daily as a dietary supplement to support your well-being.*
- Add a drop to roasted vegetables for an extra earthy flavor.
- Use a few drops of Carrot Seed Vitality to salad dressings to infuse fresh greens with its rich taste.
- Give quinoa or wild rice a new dimension of flavor by including Carrot Seed Vitality.

Product Description

Carrot Seed (*Daucus carota sativa*) Vitality™ essential oil is distilled from the seeds and aerial parts of wild carrots. Carrot Seed Vitality oil provides an herbaceous, floral note to foods, making it a great addition to savory dishes. Its complex flavor brings an earthy, delicious taste to your favorite recipes.

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With many of the same constituents as the carrots from which it's derived, Carrot Seed Vitality oil's benefits may include supporting health and well-being.* Be sure to include a drop of Carrot Seed Vitality oil as part of your daily wellness regimen to enjoy all of its great properties.

Cinnamon Bark Vitality™

Dietary Supplement

Primary Benefits

- Promotes a healthy immune response*
- Helps maintain a healthy lifestyle regimen*
- Is a culinary spice that has been used for thousands of years
- Provides a spicy and delicious addition to cooking or baking
- Includes the naturally occurring constituent cinnamaldehyde
- An important ingredient in many products, including Thieves®, Abundance™, and Inner Defense®

Usage

- Dilute 1–2 drops with V-6™ Vegetable Oil Complex in a vegetarian gel capsule and take as a dietary supplement to support your regular digestion.*
- Turn your NingXia Red® shot into a “Hot Shot” by adding a drop or two of Cinnamon Bark Vitality.
- Take a banana smoothie to a sweet new level with a drop of Cinnamon Bark Vitality.
- Use a drop to spice up your hot cereal.
- Substitute Cinnamon Bark Vitality in any recipe that calls for ground cinnamon.

Product Description

Cinnamon Bark (*Cinnamomum verum*) Vitality™ essential oil is a concentrated and potent flavor that complements a variety of classic culinary treats. Not only is Cinnamon Bark Vitality oil used for its unique and spicy notes in recipes, but it's also a great dietary supplement and important part of Thieves®, Abundance™, and Inner Defense® essential oil blends.

Using Cinnamon Bark Vitality oil brings a warm taste and sensation to your favorite dishes. Taking Cinnamon Bark Vitality essential oil as a dietary supplement can support healthy digestion and help maintain a healthy immune system.*

Citronella

Topical/Aromatic

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Primary Benefits

- Has a refreshing and uplifting fragrance
- Diffuse indoors and outdoors to freshen and eliminate odors
- Includes the naturally occurring constituents geraniol, limonene, and geranyl acetate
- Included in Purification® oil blend, RepelAroma™ (Animal Scents® Kit), and Animal Scents® Shampoo

Product Description

For a refreshing, uplifting fragrance that eliminates odors, Citronella essential oil is ideal for diffusing indoors and outdoors to refresh the air. Citronella is an important oil in Young Living products like Purification® oil blend, RepelAroma™ (found in our Animal Scents® Kit), and Animal Scents® Shampoo.

Citrus Fresh™

Topical/Aromatic

Contains: Orange, Tangerine, Grapefruit, Lemon, Mandarin, Spearmint

Primary Benefits

- When diffused, Citrus Fresh™ creates a clean, fresh scent in any environment
- Add to Young Living lotions or to Young Living® Bath & Shower Gel Base to create an uplifting aromatic experience
- Add to laundry for a revitalizing aroma
- May be worn topically as a perfume or cologne to refresh and inspire
- Maintains the appearance of healthy, toned skin
- Great for a topical application to beautify the skin
- Add to Thieves® Household Cleaner to enhance the aroma
- Includes the naturally occurring constituents of limonene, beta-pinene, and linalol

Product Description

Featuring the fresh, bright aromas of five citrus essential oils plus Spearmint, Citrus Fresh™ is perfect to wear as an inspiring personal fragrance or to diffuse and freshen any indoor environment. Add it to Young Living® lotions, our Bath & Shower Gel Base, or your favorite skin care products for an uplifting aromatic experience and to beautify the skin. Citrus Fresh includes the naturally occurring constituents limonene, beta pinene, and linalol.

Clove Vitality™

Dietary Supplement

Primary Benefits

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- Promotes a healthy immune response*
- May support overall wellness*
- Clove Vitality essential oil is distilled from a culinary spice that has been used for thousands of years
- Provides a rich and spicy addition to cooking or baking
- Includes the naturally occurring constituent eugenol
- An important ingredient in many products, including Thieves®, ImmuPower™, Inner Defense®, and Longevity™

Usage

- Support your healthy immune system* every day or as needed by adding a drop of Clove Vitality to a vegetarian capsule and taking as a daily dietary supplement.
- Substitute Clove Vitality for the ground spice in recipes.
- Bring gingerbread, molasses cookies, and spice cake to life by adding a drop to the batter.
- Combine Clove Vitality with the Vitality oils Lemon, Cinnamon Bark, and Nutmeg in homemade cider or wassail recipes.
- Try adding a drop of Clove Vitality to a warm bowl of oatmeal for a tasty, comforting start to your day.

Product Description

Clove (*Syzygium aromaticum*) Vitality™ essential oil is the concentrated distillation of the same distinct, spicy cloves that have been used in kitchens for thousands of years. Perfect for adding flavor to both sweet and savory dishes, Clove Vitality oil includes the naturally occurring constituent eugenol and is beloved for its use as a dietary supplement.

When taken as a supplement, Clove Vitality essential oil promotes a healthy immune response* and may support overall wellness*, making it an important part of our Thieves®, ImmuPower™, Inner Defense™, and Longevity™ formulas.*

Cool Azul™ Sports Gel

Cosmetic (Topical)

Primary Benefits

- Formulated with 10 percent essential oils
- A great product for use by most everyone before and after physical activities
- Blended with Peppermint essential oil, menthol, and camphor, Cool Azul provides a cooling sensation on skin
- Cool Azul Sports Gel has an invigorating yet relaxing aroma

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- Dorado Azul and Plectranthus Oregano essential oils are homegrown on Young Living farms
- Aloe barbadensis leaf extract is the first ingredient and the hydrating base of this unique formula.
- The unique consistency makes application convenient and easy for anyone, including physical, sports, and massage therapists alike
- The rich, moisturizing botanicals leave skin feeling soft and hydrated
- Perfect for your gym bag, purse, or backpack

Product Description

Formulated with a hydrating base of aloe barbandensis leaf extract, Cool Azul™ Sports Gel boasts a topically cooling blend of Peppermint essential oil, menthol, and camphor, with Dorado Azul and Plectranthus Oregano essential oils. With an invigorating yet relaxing aroma, Cool Azul is perfect for any purse, gym bag, or backpack to use following physical activity. Its moisturizing gel consistency hydrates the skin and makes it easy for sports therapists, physical therapists, and massage therapists to use.

Dead Sea Mud Soap

Cosmetic (Topical)

Primary Benefits

- Cleanse and exfoliate your skin
- Enriched with Balm of Gilead, infused with skin-loving essential oils, and imbued with mineral-rich mud of the Dead Sea, your skin will feel rejuvenated with a healthy-looking glow
- Contains mud and salt from the Dead Sea, which is known to be rich in nutrients and minerals
- Contains Balm of Gilead oil (*Commiphora gileadensis*) from the Young Living farm in Israel; this exclusive oil is not yet available to purchase but can be enjoyed in this handcrafted soap
- Made from natural ingredients
- Available during the 2015 convention; it is currently sold only at Young Living's farm in Israel

Product Description

Our Dead Sea Mud Soap works to cleanse and exfoliate the skin with skin-loving and mineral-rich ingredients such as Balm of Gilead essential oil from our farm in Israel and ancient mud from the Dead Sea. Made from all-natural ingredients, this handcrafted soap both purifies the skin and leaves it with a healthy-looking glow. Find it exclusively at the Young Living farm in Israel.

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Deep Relief™ Roll-On

Topical/Aromatic

Contains: Peppermint, Idaho Balsam Fir, Clove, Vetiver, Wintergreen, Lemon, Helichrysum, Copaiba, Dorado Azul

Primary Benefits

- Use for massage after activity.
- Inhale for an invigorating, energizing scent.
- Keep on hand for use at the gym to apply during a workout.
- Blended with Peppermint, Deep Relief™ has a cooling sensation when applied to the skin.
- Deep Relief's aroma is relaxing and calming.
- Apply to temples, forehead, and back of neck.
- Formulated with Peppermint, Wintergreen, Copaiba, and Helichrysum

Product Description

Blended with Peppermint essential oil, Deep Relief™ creates a cooling sensation when applied topically, while its fresh aroma is both invigorating and relaxing. Also formulated with Wintergreen, Copaiba, and Helichrysum essential oils, this blend is perfect to keep in your gym bag to use during a workout. Apply as desired to temples, forehead, and back of neck.

How to Share

Deep Relief roll-on is perfect to bring along in your gym bag. It combines cool, invigorating-smelling oils like Wintergreen and Peppermint that have such a refreshing aroma—great for the middle of a tough workout. Follow up your workout with plenty of water and by using Deep Relief to give yourself a massage. The smell of these essential oils will help you feel invigorated and like you can conquer the world—or at least your day!

DiGize™ Vitality™

Dietary Supplement

Contains: Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, Patchouli

Primary Benefits

- Add to a gel capsule
- Add 2 drops DiGize Vitality and 1 drop Peppermint to water for a stimulating beverage
- The use of fennel dates back to the ancient Egyptians
- Use with every meal along with Essentialzymes-4™ to support a wellness regimen*

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- Use as a dietary supplement in water when traveling abroad
- Add 2–3 drops to honey for a tasty snack
- Includes the naturally occurring constituents menthol, citrol, and zingiberene

Usage

- Add 1–2 drops to a gel capsule and take it as a dietary supplement every day— or whenever you need it.
- Give your water a twist and add 2 drops of DiGize Vitality and 1 drop of Peppermint Vitality.
- DiGize Vitality is a great complement to Essentialzymes-4. Take both before every meal to support your wellness.*
- Flavor honey with 2–3 drops of DiGize Vitality for a sweet, spicy treat without the refined sugar.
- Take with ComforTone and JuvaTone in whatever form you prefer.

Product Description

Use DiGize Vitality essential oil to help you enjoy each and every meal! This proprietary blend of Young Living essential oils is a great mealtime companion and addition to your wellness regimen.

DiGize™ Vitality™ blends Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli essential oils for a fresh-tasting blend—a perfect follow-up to any meal. Some cultures munch on fennel seeds after meals, and the use of this potent plant even dates back to ancient Egypt. Experience the power of Fennel Vitality and these other essential oils for yourself!

Take this best-selling essential oil blend with Essentialzymes-4™ or on its own before each meal to support your wellness regimen.* The versatility of DiGize Vitality oil means that you can take it in a gel capsule, mix it with water and Peppermint Vitality for a rejuvenating infused water, or combine it with honey for a sweet treat. For even more wellness support, take DiGize Vitality with Essentialzymes-4 at breakfast, lunch, and dinner for all-day support. DiGize Vitality is also a great complement to our supplements ComforTone® and JuvaTone®.

Our proprietary DiGize Vitality oil blend includes the naturally occurring constituents menthol, citrol, and zingiberene.

How to Share

When you're traveling to and eating at exotic locations, take DiGize Vitality with you! DiGize Vitality combines exotic essential oils for a spicy blend that transforms a glass of water with your meal. Don't leave home without it!

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Einkorn Flour

Food

Primary Benefits

- Ancient grain
- Easier to digest
- Promotes proper functions of the digestive system

Product Description

Einkorn is the original “staff-of-life” grain, known as the oldest variety of wheat, which dates back to the beginning of time. Einkorn’s natural genetic code and low gluten levels make it a superior choice because of the compatibility with the human body when compared to the modern hybrid wheat of today. Einkorn grain is easier to digest, so nutrients are better absorbed. Today, Young Living is helping to bring einkorn back to its rightful prominence in the world.

EndoFlex™ Vitality™

Dietary Supplement

Contains: Sesame Seed Oil, Spearmint, Sage, Geranium, Myrtle, Nutmeg, German Chamomile

Primary Benefits

- Features Spearmint, Sage, Geranium, Myrtle, German Chamomile, and Nutmeg essential oils
- May support a healthy lifestyle*
- Includes the naturally occurring constituents alpha-pinene, carvone, geraniol, limonene, camphor, and myristicin

Usage

- Take daily with a gel capsule. Combine 1 drop EndoFlex Vitality with 1 drop of V-6™ Vegetable Oil Complex.
- Add a drop or two to 2–4 oz. of NingXia Red® for a quick shot of this blend.
- Create a drink that uplifts and invigorates by adding EndoFlex to our sparkling NingXia Zyn™. Use this essential oil-infused beverage to jump-start the day or make it through the afternoon slump.
- Combine a drop of oil with a large cup of warm tea or tall glass of water. If you find a drop overwhelms the flavor, dip a toothpick in the oil and swirl it in your drink.

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Product Description

Keep up with your overall wellness and day-to-day schedule with help from EndoFlex™ Vitality™. Young Living's EndoFlex Vitality essential oil uses a base of sesame seed oil and adds our proprietary blend of essential oils for wellness support.

In addition to the popular Spearmint Vitality essential oil, EndoFlex Vitality oil features Sage, Geranium, Myrtle, Nutmeg, and German Chamomile to create a unique blend that may support a healthy lifestyle*. Adding this oil to your wellness regimen is as easy as combining it with a refreshing glass of juice or relaxing cup of tea.

Eucalyptus Radiata

Topical/Aromatic

Primary Benefits

- Has a mildly pungent and sweet, fruity aroma
- Use for massage after activity
- Diffuse for a stimulating and rejuvenating environment
- Add to your favorite household cleaners
- Includes the naturally occurring constituents 1,8 cineole and eucalyptol
- An important ingredient in Breathe Again™, Thieves®, R.C.™, Inner Defense®, and Ortho Ease®

Product Description

Eucalyptus Radiata essential oil is loved for its fresh, pungent, and fruity aroma; and it is often used in massage after activity. Diffuse Eucalyptus Radiata to promote a stimulating and rejuvenating environment or add it to your favorite household cleaners for a burst of extra freshness. Find Eucalyptus Radiata essential oil in Breathe Again™, Thieves®, R.C.(TM), Inner Defense®, and Ortho Ease®.

Frankincense

Topical/Aromatic

Primary Benefits

- Diffuse during meditation for grounding and purpose
- Use for massage after activity
- May help smooth the appearance of healthy-looking skin
- Includes the naturally occurring constituent alpha-pinene
- Key ingredient in many products, including Boswellia Wrinkle Cream™, Brain Power™, Awaken™, Highest Potential™, and Forgiveness™

Product Description

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Including the naturally occurring constituent alpha-pinene, Frankincense is a key ingredient in essential oil blends such as Brain Power™, Awaken™, Highest Potential™, and Forgiveness™. Diffuse it during meditation to help with grounding and purpose. Frankincense can also be useful for massage after activity or in cosmetic applications to smooth the appearance of healthy-looking skin, which makes it an important ingredient in our Boswellia Wrinkle Cream™.

How to Share

The smell of grounding essential oils can be a great way to deepen your yoga practice, meditation, or prayer. Give your spiritual moments a little extra enlightenment by diffusing Frankincense essential oil. Its rich, woody aroma is very grounding, uplifting, and invites spiritual connection. Diffuse 6–10 drops of Frankincense for new, deeper insights and to help find a new level of purpose in life.

Frankincense Vitality™

Dietary Supplement

Primary Benefits

- Support your well-being and normal cell health! Take Frankincense Vitality internally as a dietary supplement by adding 1–2 drops to a vegetarian gel capsule.*
- If you have trouble swallowing capsules, take Frankincense Vitality internally by adding it to water, juice, or even your daily shot of NingXia Red®.

Product Description

Frankincense (*Boswellia carterii*) has been sought after and traded since ancient times and plays a special role in many religious ceremonies.

Distilled from the resin of trees in the *Boswellia carterii* tree family, Frankincense Vitality™ oil contains the naturally occurring constituent alpha-pinene, which is what gives it its distinctive rich, balsamic scent. Love Young Living's Brain Power™, Awaken™, and Highest Potential™ essential oil blends? Frankincense Vitality essential oil is an important ingredient in each!

Known for its unmistakably complex, sweet, and woody flavor and aroma, the benefits of Frankincense Vitality essential oil go far beyond its taste and smell. It also supports well-being and normal cellular health when taken internally.*

Fennel Vitality™

Dietary Supplement

Primary Benefits

- In some cultures, fennel seeds are chewed after mealtime

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- May help maintain wellness*
- May be a flavorful addition to savory recipes
- Includes the naturally occurring constituents trans-anethole and fenchone
- Included in DiGize™, JuvaFlex®, Detoxzyme™, Digest & Cleanse™, and Essentialzymes-4™

Product Description

With the distinctive black licorice-like flavor of the fennel seeds chewed in some cultures after mealtime, Fennel Vitality essential oil can be a great addition to savory recipes. Fennel Vitality may be useful in maintaining wellness and is included in Young Living products like DiGize™, JuvaFlex®, Detoxzyme™, Digest & Cleanse™, and Essentialzymes-4™.*

Geranium

Topical/Aromatic

Primary Benefits

- Uplifting, floral fragrance
- Diffuse this essential oil for its balancing, peaceful, and calming aroma
- May help soothe and maintain the appearance of tender skin
- Includes the naturally occurring constituents citronellol and geraniol
- An important ingredient in many skin care products, including ART® Creme Masque, Boswellia Wrinkle Cream™, Animal Scents® Ointment and Acceptance™, Awaken™, Believe™, and Clarity™ essential oil blends

Product Description

With an uplifting floral fragrance, Geranium essential oil's aroma is perfect for diffusing to create an environment that is calming and peaceful. An important ingredient in many of our skin care products, including ART® Creme Masque, Boswellia Wrinkle Cream™, and Animal Scents® Ointment, Geranium may help soothe and maintain an improved appearance of tender, red, and swollen skin. Its pleasant aroma also makes it an important addition to our Acceptance™, Awaken™, Believe™, and Clarity™ essential oil blends.

Ginger Vitality™

Dietary Supplement

Primary Benefits

- May calm occasional nausea*
- Supports a healthy lifestyle regimen
- Includes the naturally occurring constituents zingiberene and beta-phellandrene

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- Important ingredient in DiGize™, Digest & Cleanse™, EndoGize™, ICP™, and Essentialzymes-4™

Usage

- Add a drop to your tea for a nice, soothing hot drink.
- Dip a toothpick in Ginger Vitality and add it to your stir-fry for a zing of exotic flavor.
- Ginger Vitality makes a great dietary supplement! Add a drop to a vegetarian gel capsule to support normal digestion*.
- Add a spicy twist to a refreshing classic! Try adding a few drops of Ginger Vitality to a pitcher of fresh-squeezed lemonade.
- Mix a few drops of Ginger Vitality with your marinades and salad dressings to add a warm, spicy note.

Product Description

Ginger (*Zingiber officinale*) Vitality™ essential oil is distilled from the root of the ginger plant and lends itself to a wide variety of applications. Used as both a flavoring in the kitchen and as a dietary supplement, Ginger Vitality oil is a distinct and versatile oil that's great to keep on hand.

Ginger Vitality essential oil benefits are derived from its naturally occurring constituents zingiberene and beta-phellandrene, making it a key ingredient in DiGize™, Digest & Cleanse™, EndoGize™, ICP™, and Essentialzymes-4™. No matter if it's included in a sweet or savory dish, Ginger Vitality essential oil stands out from the crowd.

Grapefruit Vitality™

Dietary Supplement

Primary Benefits

- Includes the naturally occurring constituent limonene
- An important ingredient in Slique® Essence™ and Power Meal™
- Enhances the flavor of foods and water

Usage

- Support your weight-management program by taking Grapefruit Vitality as a dietary supplement. Just add 1–2 drops to a vegetarian gel capsule and take it daily or as often as needed.
- Find it difficult to take capsules? Blend Grapefruit Vitality NingXia Red for an added boost of wolfberry goodness.

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- If you love infused water but are too busy to make it the night before, simply add 2–3 drops of Grapefruit Vitality and other citrus Vitality oils to cold water to make a refreshing drink and stay hydrated.
- Add it to culinary recipes to add a distinct, citrus flavor. Grapefruit Vitality tastes great in desserts, marinades, and salad dressings.

Product Description

Grapefruit (*Citrus paradisi*) Vitality™ is known for its invigorating citrus scent and delicious, tart taste. Grapefruit Vitality essential oil can also support weight-management programs when taken internally and paired with a healthy diet and exercise.* Add Grapefruit Vitality oil to water to give your drinks a little zing, or add a hint of citrus by incorporating it into culinary recipes. Give NingXia Red® an extra boost of flavor with a couple drops of Grapefruit Vitality.

Can't get enough of the tangy grapefruit flavor and scent? Slique® Essence essential oil blend and our Power Meal™ meal replacement both include Grapefruit Vitality oil as a key ingredient.

How to Share

Grapefruit Vitality essential oil is sweet, juicy, and tastes almost exactly like fresh grapefruit. If you're looking for a way to say no to sugary drinks, a drop or two of Grapefruit Vitality in a glass of water can go a long way toward satisfying that craving for something sweet and refreshing—without the guilt!

Helichrysum

Topical/Aromatic

Primary Benefits

- Diffuse for its clarifying and grounding fragrance
- Diffuse when studying or doing homework
- This oil has a stimulating aroma that no home should be without
- Apply topically to improve the appearance of tender skin
- Includes the naturally occurring constituents neryl acetate, gamma-curcumene, and alpha-pinene
- An important ingredient in oil blends, including Awaken™, Brain Power™, Deep Relief™ Roll-On, Forgiveness™, PanAway®, and Trauma Life™

Product Description

An important ingredient in popular products such as Brain Power™, Deep Relief™ Roll-on, and PanAway®, Helichrysum essential oil is ideal for applying topically to improve the appearance of tender skin. It's stimulating, clarifying, and grounding fragrance also makes it a great choice for diffusing while studying or doing homework.

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Idaho Balsam Fir

Topical/Aromatic

Primary Benefits

- Woodsy and refreshing aroma
- Diffuse for a grounding, relaxing, and calming aroma
- Use in meditation for increased spirituality
- Includes naturally occurring constituents beta-pinene and camphene
- Important ingredient in many products, including Animal Scents® Ointment, Deep Relief™ Roll-on, Believe™, Gratitude™, and BLM™

Product Description

Balsam fir essential oil, with its woody and refreshing fragrance, is often diffused or inhaled during meditation for an aroma that is grounding and calming and to establish a deep sense of spiritual connectedness. Balsam fir is an important ingredient in many products, including Animal Scents® Ointment, Deep Relief™ Roll-on, Gratitude™, and BLM™.

Jade Lemon™ Vitality™

Dietary Supplement

Usage

- For a twist of fun, combine Jade Lemon Vitality essential oil with your next frozen yogurt treat.
- Add 4 drops of Jade Lemon Vitality to a pitcher of sun tea for an exotic warm weather beverage.
- Combine 1 drop of Jade Lemon Vitality to your next 2-oz. serving of NingXia Red® for a flavorful mixer.

Product Description

Jade Lemon™ Vitality™ has a unique lemon-lime taste that is a favorite beverage infusion. When used in culinary applications, Jade Lemon Vitality adds a wonderfully bright flavor and invigorates the senses. A surprisingly delicious ingredient in baked treats, Jade Lemon Vitality can liven up any recipe that can benefit from a citrusy kick of character.

Joy™

Topical/Aromatic

Contains: Bergamot, Ylang Ylang, Geranium, Lemon, Coriander, Tangerine, Jasmine, Roman Chamomile, Palmarosa, Rose

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Primary Benefits

- This beautiful blend of essential oils harmonizes and has a joyful aroma
- Joy's scent inspires a romantic, aromatic atmosphere
- When diffused, it creates a warm, comforting environment
- Add to a YL lotion or moisturizer to beautify and enhance the appearance of the skin
- Add to Young Living® Bath & Shower Gel Base to relax and calm as you unwind from a long day.
- When worn as cologne or perfume, Joy™ exudes an alluring and irresistible fragrance that inspires romance and togetherness

Product Description

A sweet-smelling blend of harmonizing essential oils, Joy's aroma invites a sense of romance, bliss, and warmth when diffused. When worn as a fragrance, it invites togetherness. Add it to any Young Living® lotion or Bath & Shower Gel Base to enhance the appearance of skin and to unwind from a long day.

Juniper

Topical/Aromatic

Primary Benefits

- Has an earthy, sweet, and woody aroma
- Diffuse this peaceful aroma
- The species of juniper we distill for its essential oil is native to the southwestern United States and is distinctive to Young Living
- Includes the naturally occurring constituents alpha-pinene and bornyl acetate
- An important ingredient in many products, including Awaken™, DiGize™, Grounding™, Allerzyme®, K&B™, Cel-Lite Magic™ Massage Oil, and Morning Start® Bath & Shower Gel

Product Description

Young Living's exclusive Juniper essential oil is distilled from a Juniper species native to the southwestern United States and possesses an earthy, sweet, woody scent. Diffuse Juniper to enjoy its peaceful aroma. Juniper is an important ingredient in many products, including Awaken™, DiGize™, Allerzyme®, and Morning Start® Bath & Shower Gel.

Lavender

Topical/Aromatic

Primary Benefits

- Diffuse Lavender for a comforting and calming scent

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- Unwind by adding a few drops to a nighttime bath
- Diffuse for a fresh, clean scent and to eliminate odors
- A key ingredient in many blends, including Stress Away™, Tranquil™, RutaVaLa™, Forgiveness™, and Harmony™
- May complement some of your favorite shampoos, lotions, or skin care products

Product Description

Lavender, a popular essential oil long loved for its calming, soothing fragrance, is a key ingredient in many of our blends, including Stress Away™, Tranquil™, RutaVaLa™, Forgiveness™, and Harmony™. When diffused, Lavender adds a clean, fresh scent to any room and is a relaxing addition to baths and body care products.

How to Share

Lavender essential oil's smell is very similar to that of the fresh herb—clean, fresh, relaxing, and floral—which is why lavender has always been such a favorite of gardeners and perfume makers. That relaxing smell makes Lavender a bubble bath's best friend! Just add a few drops to hot bath water at the end of a long day to unwind and let it all go. It's also great to diffuse while buried in a great book and drinking a cup of herbal tea.

Lavender Vitality™

Dietary Supplement

Usage

- Make homemade fruit jams infused with Lavender Vitality essential oil. Try mixing it with blueberry, apricot, raspberry, or peach jams and jellies.
- Combine Lavender Vitality's earthy, low notes with bright citrus flavors. Experiment with lavender-lemonade or a citrus sorbet.
- Complement dairy with Lavender Vitality in shortbread, pound cake, ice cream, meringue, or whipped cream recipes.
- Balance Lavender Vitality in savory dishes with herbs such as thyme, rosemary, and oregano.

Product Description

Use Young Living Lavender Vitality essential oil (*Lavandula angustifolia*) to create elegant dishes that will impress your family and friends. The herb has a sweet, slightly floral flavor that pairs well with both rich and light foods. Use Lavender Vitality™ essential oil to conveniently add this delightful flavor to your meals.

Although more popular with sweeter recipes, Lavender Vitality oil's benefits extend to savory dishes as well. In fact, lavender is sometimes included in the famous Herbes de Provence along with spices such as marjoram, thyme, oregano, and rosemary. Put a new spin on a classic meal and pair it with chicken, lamb, or even potatoes.

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Just a hint can enhance the flavor of your entire recipe. To avoid overwhelming your food, start small. Try dipping a toothpick in your oil and then swirling the toothpick in your food preparations.

Lemon Vitality™

Dietary Supplement

Primary Benefits

- Includes the naturally occurring constituent limonene
- Enhances the flavor of foods and water
- A key ingredient in Thieves®, NingXia Red®, and Inner Defense®

Usage

- Add to a tall glass of cold water for a fresh drink to start your day.
- Add 1–2 drops to a vegetarian gel capsule and take daily or as needed.
- Blend a drop of Lemon Vitality in Gary's True Grit™ Einkorn Pancake & Waffle Mix batter and top your waffles or pancakes with fresh fruit for a healthy, tasty breakfast.
- Create custom vinaigrettes or marinades to add a bright taste to summer salads and grilling.
- Add it to tea, baked goods, homemade preserves, and other treats.
- Add 1 drop in plain or vanilla yogurt. Top with fresh berries.
- Combine with savory foods such as chicken, fish, shrimp, and vegetables and with sides such as noodles, rice, or pasta salad.

Product Description

Lemon (Citrus limon) Vitality can add a bright, dynamic flavor to many dishes. Its versatility in sweet and savory recipes is what makes this fruit a popular item in kitchens around the world. Use Young Living's Lemon Vitality™ essential oil to add flavor to savory foods like fish and chicken or sweet foods like pastries and cakes.

Lemon Vitality oil has a bright taste you'll want to keep on hand for almost anything you whip up. Instead of zesting or juicing, use Lemon Vitality for a convenient way to use this great flavor. Start small with a single drop of oil.

How to Share

Pressed from the fresh rinds of the fruit, Lemon Vitality is a delicious essential oil that has that wonderfully nostalgic taste and smell of lemon drop candy. It's a great substitute in any recipe calling for fresh lemon juice, rind, or flavoring—without all the hassle of zesting, grating, or juicing. It's especially good in shortbread cookies, jams, or even a glass of ice-cold water.

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Lemongrass Vitality™

Dietary Supplement

Primary Benefits

- May support the digestive system*
- Supports overall well-being*
- An important ingredient in DiGize™, Essentialzymes-4™, and MultiGreens™
- Enhances the flavor of foods and water

Usage

- Place 1–2 drops in a vegetarian gel capsule to take as a dietary supplement.
- Add 2–3 drops to water or hot tea for a light, interesting flavor. This is also a great way to enjoy Lemongrass Vitality essential oil if swallowing a pill is difficult.
- Add to culinary dishes to enhance and brighten flavor.

Product Description

Lemongrass Vitality™ essential oil (*Cymbopogon flexuosus*) not only invigorates senses with its bright, lemony scent, but it can also support wellness when taken as a dietary supplement in a gel capsule or as an addition to drinks.*

The delicate citrus flavor of Lemongrass Vitality oil complements many dishes—especially Asian recipes—and can be incorporated into your seasonings for meals in various cuisines. To keep hydrated while enjoying the benefits of Lemongrass Vitality, add a couple of drops to a glass of water or a hot cup of complementing tea for a zip of flavor.

Lemongrass Vitality™ essential oil is a powerful ingredient in the DiGize™ essential oil blend, Essentialzymes-4™ supplement, and MultiGreens™ capsules.

How to Share

Fresh lemongrass has this unmistakably crisp, citrusy scent that you might recognize from Thai and Southeast Asian cuisine. However, the fresh herb is hard to find, which makes the essential oil a perfect substitute in Tom Ka soup and green Thai curry. Beyond adding it in recipes, you can take Lemongrass Vitality as a dietary supplement for supporting your digestion and overall health.*

Life 5®

Dietary Supplement

Primary Benefits

- Promotes natural digestion*
- Supports gut health*
- Supports a healthy immune system*
- Helps maintain normal intestinal function*

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Product Description

Life 5® gives the body an even release of live probiotics that promote normal digestion and intestinal function, support digestive health, and maintain a healthy immune system.*

Light the Fire™

Cosmetic (Topical/Aromatic)

Contains: Nutmeg, Cassia, Mastrante, Ocotea, Canadian Fleabane, Lemon, Pepper, Hinoki, Northern Lights Black Spruce

Primary Benefits

- Warm, spicy aroma
- Diffuse for an inspiring fragrance in any environment
- Add to V-6™ massage oil for a powerful scent experience
- This unique and inspired blend was formulated by Young Living founder D. Gary Young to celebrate the 2015 International Grand Convention, "Light the Fire"
- Includes the naturally occurring constituents beta-caryophyllene, alpha-pinene, beta-pinene, and limonene

Product Description

A special essential oil blend formulated by Young Living founder D. Gary Young to celebrate the 2015 International Grand Convention, Light the Fire™ offers a spicy, warm aroma. Including essential oils like Cinnamon, Black Pepper, Nutmeg and more, Light the Fire can be diffused or combined with V-6™ Vegetable Oil Complex and used in massage for a powerful, inspiring aromatic experience.

Lime Vitality™

Dietary Supplement

Usage

- Add 1 drop of Lime Vitality to a vegetarian gel capsule and take daily or as needed as a dietary supplement.
- Combine Lime Vitality essential oil with olive oil to use as a marinade for meat and veggies.
- Include a drop to your stir fry to bring dimension and add a great depth of flavor.
- Add a little Lime Vitality oil to berry dishes to complement their natural sweetness
- Enjoy staying hydrated and add variety by infusing your water with a drop or two of Lime Vitality

Product Description

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Lime (*Citrus latifolia*) Vitality™ essential oil is prized for its ability to bring a unique citrus flavor and delicious zing to any food or beverage. Adding a few drops of Lime Vitality essential oil to your dishes is the perfect way to elevate your cooking.

Young Living Lime Vitality oil is versatile and concentrated, making it an important ingredient in one of our most popular blends, Stress Away™. Whether you're stirring it into drinks for a bright burst of flavor or giving your food a little extra citrus zip, Lime Vitality essential oil is a welcome kick of summer that you can enjoy year-round.

Master Formula™

Dietary Supplement

Primary Benefits

- Naturally supports general health and well-being for the body*
- Gut flora supporting prebiotics*
- Ingredients help neutralize free radicals in the body*
- Includes antioxidants, vitamins, minerals, and other food-based nutrients
- Vegetarian friendly
- No preservatives
- No artificial stimulants
- Bovine and porcine free
- No artificial colors

Product Description

Master Formula™ is a comprehensive daily supplement that includes a wide range of antioxidants, vitamins, minerals, and other food-based nutrients to naturally support general health and well-being for the body.* This unique supplement also includes prebiotics to support digestive flora and ingredients to help neutralize free radicals in the body. Master Formula is vegetarian-friendly and free from preservatives, artificial stimulants, and artificial colors.*

MindWise™

Dietary Supplement

Primary Benefits

- Supports normal brain function and cognition*
- Supports normal heart health and cardiovascular function*

Product Description

MindWise™ combines exotic sacha inchi nut oil with a proprietary blend of pure essential oils and more for a daily supplement that supports normal brain function and cognition, while helping to maintain normal heart health and cardiovascular function.*

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NingXia Nitro™

Dietary Supplement

Primary Benefits

- Supports cognitive fitness*
- Supports both body and mind*
- Enhances mental fitness*
- Promotes cognitive alertness
- Contains naturally occurring caffeine and Bioenergy's D-Ribose to support athletic performance and endurance*
- Bioenergy Ribose supports physical performance and recovery and increases overall energy reserves*
- Supports mental alertness*
- Enhances physical performance*

Product Description

A unique blend of essential oils, botanical extracts, and other select ingredients, NingXia Nitro™ supports cognitive alertness and fitness. A great support for body and mind, its mix of naturally occurring caffeine and Bioenergy's D-Ribose supports athletic performance, endurance, and recovery. Use NingXia Nitro whenever you need to clear your mind and boost your energy.*

How to Share

Soda and energy drinks are the go-to for lots of people during their post-lunch lull. If you need a pick-me-up, NingXia Nitro is a great way to boost your mental fitness* without the usual jitters, fatigue, and restlessness that can come with a caffeine fix. NingXia Nitro's tubes are a small and convenient way to get a quick infusion of essential oils, green tea extract, Korean ginseng, and D-ribose. This advanced ingredient list supports alertness, athletic performance, and your natural energy levels.* Don't be intimidated by how busy your day is—you've got NingXia Nitro in your corner.

NingXia Red®

Dietary Supplement

Primary Benefits

- Balanced ingredients make NingXia Red® a whole-body nutrient infusion for health and wellness support*
- Provides Energy Support*
- Supports normal cellular function*
- Contains powerful ingredients that are involved in many natural antioxidant processes*
- Supports good health and overall wellness*

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- Supports whole-body health*
- Supports normal eye health*
- Delivers citrus essential oils containing d-limonene, a powerful component in citrus oils
- Energize*
- Fortify*
- Revitalize*
- Formulated from exotic fruits
- Powerful formula includes wolfberry, which is touted for its health benefits
- Helps prevent against oxidative stress*
- Healthy daily supplement*

Product Description

NingXia Red® blends NingXia wolfberry puree with super-fruit extracts and pure essential oils for a whole-body nutrient infusion that supports good health and overall wellness. This signature supplement provides energy support, supports normal cellular function, and contains powerful ingredients that are involved in many natural antioxidant processes.

How to Share

NingXia Red is sweet, tangy, and infused with citrus essential oils such as Orange and Yuzu. It's a delicious superfruit drink that tastes like anything but a supplement. NingXia Red is made with exotic fruit extracts and the whole fruit of Young Living's exclusive Ningxia wolfberries, which help prevent against oxidative stress, support normal eye health, and provide energy support.* A daily shot of about 2–4 ounces tastes great on its own, in a smoothie, or with a few drops of your favorite dietary essential oils; try Peppermint, Grapefruit, Cinnamon Bark, or Thieves.

Ningxia Zyng™

Food

Primary Benefits

- Infused with a refreshing blackberry-lime flavor
- Made with just a hint of sparkling water
- With natural Lime and Black Pepper essential oils
- Amplified
- Fueled
- Charged
- No artificial flavors, colors, sweeteners, or preservatives

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Product Description

NingXia Zyng™ is a sparkling drink made with a deliciously crisp blend of pure Black Pepper and Lime essential oils, wolfberry puree, white tea extract, and vitamins. At only 35 calories, Zyng is refreshing, guilt free, and invigorates the senses without artificial flavors, colors, sweeteners, or preservatives.

Northern Lights Black Spruce

Cosmetic: (Topical/Aromatic)

Product Benefits

- May help improve the appearance of dry skin
- Helps maintain the appearance of healthy-looking skin
- Apply to bottom of feet, along the spine, back of neck, or wherever desired
- Diffuse during meditation
- Add to skin care products
- Use for massage
- Rich, woody, and invigorating aroma
- Includes the naturally occurring constituents alpha-pinene, camphene, and beta-pinene
- Important ingredient in many products, including Valor II™, Peace & Calming II™, Shutran™, and Light the Fire™ essential oil blends

Product Description

With a rich, woody aroma, Northern Lights Black Spruce is distilled exclusively from black spruce trees on our scenic Northern Lights farm in British Columbia. Its invigorating scent makes it a perfect choice for massage and for diffusing during meditation. It may also improve the appearance of dry skin and maintain the appearance of healthy-looking skin, making it an ideal addition to your favorite moisturizers. Find Northern Lights Black Spruce in top-selling blends such as White Angelica™, Valor II™, Shutran™, and Grounding™.

OmegaGize³™

Dietary Supplement

Primary Benefits

- Supports normal brain, heart, eye, and joint health*
- Supports general wellness*

Product Description

Formulated to support general wellness, OmegaGize³™ offers special support for normal brain, heart, eye, and joint health.*

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Orange Vitality™

Dietary Supplement

Primary Benefits

- Includes the naturally occurring constituent limonene
- An important ingredient in many products, including NingXia Red® and ImmuPro™
- Enhances the flavor of foods and water

Primary Benefits

- Support your wellness daily by adding 1–2 drops to a vegetarian gel capsule and taking as a dietary supplement.
- Use in culinary dishes—sweet or savory—for added flavor and zest.
- Add 2–3 drops to a water bottle or glass of water for flavor, or mix it with other Vitality essential oils for various flavor combinations. Infusing water with dietary essential oils is a great option for anyone who struggles swallowing pills and capsules.

Product Description

Orange (*Citrus sinensis*) Vitality™ has a clean, refreshing scent and flavor and contains the naturally occurring constituent limonene. Young Living uses it in many products, such as NingXia Red® and our proprietary wellness supplement ImmuPro™.

Embrace the versatility of Orange Vitality essential oil as a culinary tool by using it in your cooking to brighten up or complement dishes with its citrus flavor. Use it in baked goods for an acidic contrast to the sweetness of desserts and baked goods.

Keep your body hydrated by adding a few drops of Orange Vitality oil and other Vitality oils such as Ginger Vitality to your water for a burst of flavor. Orange Vitality combines well with other fruity flavors, making it the perfect addition to smoothies, drinks, and NingXia Red. **How to Share**

Everybody loves the taste and smell of oranges. Orange essential oil lets you infuse your desserts and drinks with the taste of oranges fresh from the orchard. Just 1–3 drops transforms your orange rolls, smoothies, popsicles, salad dressings, or anything that needs just a little kiss of citrus. Plus, Orange doesn't just taste great—it also has the naturally occurring constituent limonene, which makes it an important part of the NingXia Red and ImmuPro™ formulas.

Oregano Vitality™

Dietary Supplement

Primary Benefits

- Supports a healthy lifestyle regimen*

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- Includes the naturally occurring constituent carvacrol
- May be used to enhance the flavor of foods
- An important ingredient in ImmuPower™ and the Raindrop Technique®

Usage

- Dilute with a carrier oil such as V-6 or olive oil in a 1:2 ratio and add to a vegetarian gel capsule before ingesting. Take every day to support a healthy lifestyle.*
- Add sparingly to various dishes for extra flavoring, particularly Mexican and Mediterranean dishes.
- Use in a blend such as ImmuPower to support your optimal wellness.*

Product Description

With its spicy, savory flavor, Oregano (*Origanum vulgare*) Vitality™ is more than just a seasoning—it may also support a healthy lifestyle when taken as a dietary supplement.* Oregano Vitality essential oil is a key ingredient in ImmuPower™ essential oil blend and is included in the Raindrop Technique® essential oil collection.

Oregano Vitality essential oil is an easy way to flavor savory dishes. Its distinctive, pungent taste makes it an indispensable addition to Mediterranean and Mexican cuisines, though it can be used in a variety of cuisines and recipes.

While its spice makes it a delicious addition to dishes when used sparingly, when taking it as a supplement, be sure to use a carrier oil such as V-6™ Vegetable Oil Complex or olive oil to dilute this powerful oil. Oregano essential oil is both a delicious culinary essential oil and a powerful support for a healthy lifestyle. Including the naturally occurring constituent carvacrol, Oregano essential oil is an important ingredient in ImmuPower™.

How to Share

Oregano Vitality essential oil can be a great supplement for supporting a healthy lifestyle, but it also pairs beautifully with garlic and olive oil in Italian-inspired recipes. Try using this oil sparingly in your favorite dishes and experiment by also adding Rosemary Vitality, Basil Vitality, and Thyme Vitality essential oils. Oregano Vitality is a really powerful, spicy flavor, so always start with a drop or less in your recipes and very gradually add more to taste.

Palo Santo

Topical/Aromatic

Primary Benefits

- Diffuse for a cleansing and refreshing atmosphere
- Inhale this essential oil's inspiring and uplifting fragrance
- Use for massage after activity

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- Includes the naturally occurring constituents limonene and alpha-terpineol
- An important ingredient in Transformation™ oil blend

Product Description

Palo Santo, found in our proprietary Transformation™ essential oil blend, has a fragrance that is inspiring and uplifting when inhaled. It can also be diffused for a cleansing and refreshing atmosphere or used in massage following activity.

PanAway®

Topical/Aromatic

Contains: Wintergreen, Helichrysum, Clove, Peppermint

Primary Benefits

- A best-selling blend formulated by D. Gary Young
- Apply topically after exercise
- Supports the appearance of healthy skin coloration
- Add to V-6™ and apply to neck and back for a soothing aromatic experience.
- Has a stimulating aroma
- Includes the naturally occurring constituents methyl salicylate, gamma-curcumene, menthol, and eugenol

Product Description

Featuring the naturally occurring constituents methyl salicylate, gamma-curcumene, menthol, and eugenol, PanAway® is a popular essential oil blend formulated by Young Living Founder D. Gary Young. Combine with V-6™ Vegetable Oil Complex and apply after exercise or to neck and back anytime for a soothing and stimulating aromatic experience.

Patchouli

Topical/Aromatic

Primary Benefits

- May improve the appearance of dry, chapped skin
- May be added to your favorite skin care products
- Diffuse this essential oil to enjoy its calming, relaxing, and peaceful fragrance
- Includes the naturally occurring constituents patchoulol, bulnesene, and alpha-guaiene
- An important ingredient in DiGize™, Abundance™, Live with Passion™, Magnify Your Purpose™, and Allerzyme®

Product Description

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An important ingredient in such essential oil blends as DiGize™, Abundance™, and Magnify Your Purpose™, Patchouli can be diffused for an aroma that is calming, peaceful, and relaxing. It is also a good addition to your favorite skin care products to help improve the appearance of dry, chapped skin. Patchouli is also found in Allerzyme® capsules.

Peace & Calming®

Topical/Aromatic

Contains: Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy

Primary Benefits

- Improves the appearance of skin when applied topically (*Tangerine, Blue Tansy, Orange, Patchouli*)
- Add 5–10 drops to YL lotions and apply topically to moisturize skin. (*Tangerine, Blue Tansy, Orange, Patchouli*)
- Helps freshen the air when diffused (*Orange*)
- Add to V-6™ and massage on bottoms of feet
- Diffuse this blend before bed for a relaxing and calming aroma
- Blends well with Citrus Fresh™ when diffused
- Add 4–5 drops to Epsom salts and add to bathwater for a calming, relaxing bath
- Provides a peaceful aroma for yoga and meditation
- Diffuse for a peaceful and relaxing atmosphere at bedtime
- Includes the naturally occurring compound chamazulene, a constituent that gives the oil its blue color (*Blue Tansy*)
- Includes the naturally occurring compound limonene (*Tangerine, Orange*)
- Includes the naturally occurring compound patchoulol (*Patchouli*)

Product Description

Peace & Calming® is a beautifully scented blend of Ylang Ylang, Orange, Tangerine, Patchouli, and Blue Tansy. Together, these oils provide a soothing and relaxing atmosphere when diffused, added to a bath, or during meditation and yoga. When applied topically, Peace & Calming may improve the appearance of skin and is a perfect companion when paired with Young Living's Bath & Shower Gel Base to support clean, moisturized, healthy-looking glow.

How to Share

Are you looking for a little less chaos in your home? Reach for Peace & Calming essential oil blend, which is a sweet-smelling blend of Tangerine, Ylang Ylang, Orange, and more. It's an easygoing, relaxing scent that you can diffuse in living spaces or just keep in the kids' diaper bag for a quick aromatic boost that makes your world seem a little calmer.

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Peace & Calming II™

Topical/Aromatic

Contains: Tangerine, Orange, Ylang Ylang, Patchouli, Northern Lights Black Spruce, Matricaria, Vetiver, Cistus, Bergamot, Cassia, Davana

Primary Benefits

- The gentle aroma of Peace & Calming II™ encourages relaxation
- Beautifies the appearance of skin when applied topically
- Can be diluted and applied topically to moisturize skin
- Creates a refreshing and relaxing atmosphere when diffused
- Includes the naturally occurring constituents germacrene D, linalol, alpha-pinene, and bisabolol

Product Description

Young Living founder D. Gary Young specially formulated Peace & Calming II™ essential oil blend as his recommended option and alternate to Peace & Calming®. He handpicked this new formulation to stay true to the original constituent character of its predecessor and offer the same great experience. The gentle aroma of Peace & Calming II includes Tangerine, Orange, Ylang Ylang, Patchouli, German Chamomile, Vetiver, Cistus, Bergamot, Cassia, Davana, and Young Living's exclusive Northern Lights Black Spruce essential oils.

This proprietary blend creates a relaxing and pleasant aroma when diffused. Dilute and apply topically to moisturize and beautify the appearance of skin. Peace & Calming II includes the naturally occurring constituents germacrene D, linalol, alpha-pinene, and bisabolol. Along with Peace & Calming, you'll now have two unique and powerful options that can be used individually or together for a complementary experience!

Peppermint Vitality™

Dietary Supplement

Primary Benefits

- Supports gastrointestinal system comfort*
- Promotes healthy bowel function*
- Enhances healthy gut function*
- Maintains efficiency of the digestive tract*
- Supports normal digestion*
- May support performance during exercise*
- A key ingredient in DiGize™

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Usage

- Add to your daily dietary supplements as overall support for healthy digestive system comfort.* Simply add 1–2 drops in a vegetarian gel capsule and take daily or as needed.
- Include a drop in a tall glass of cool water for a refreshing start to your morning.
- Blend with your pre-workout drink for an energizing start or wind down after your workout with a mint-infused chocolate or vanilla protein shake.
- Use in baking and in a wide variety of desserts.

Product Description

Peppermint Vitality essential oil (*Mentha piperita*) has a bright, cool flavor, with benefits that include gastrointestinal comfort and normal digestion support, in addition to its great taste.* Store Young Living's Peppermint Vitality oil in your pantry as a flavoring agent or a dietary supplement.

Peppermint Vitality™, part of our Vitality line for culinary and dietary use, is a versatile oil with a well-loved flavor. As a dietary supplement, Peppermint Vitality oil can support healthy gut function and digestive efficiency.* These benefits make it a great way to start your day or end a meal. Additionally, Peppermint Vitality oil as a dietary supplement may support exercise performance to help you have a great workout.

Because of its great taste, it's easy to add this versatile oil to your tea or experiment with it in your baking.

Peppermint Vitality is an important ingredient in Young Living's DiGize™ Vitality.

How to Share

Most people love Peppermint's cool, sweet, refreshing taste in sweets and drinks, but long before it was a flavoring, it was a valuable herb. Today, we celebrate Peppermint Vitality essential oil for both its cool, minty taste and for the way it supports digestion.* Take Peppermint Vitality in a glass of water after meals and you may find that it helps with the comfort and efficiency of your digestive system, as well as promotes healthy bowel function.* Plus, the minty smell and taste just might freshen your breath after a big plate of pasta!

Progressence Plus™

Topical/Aromatic

Primary Benefits

- Progressence Plus™ is a serum designed specifically for women

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- Wild yam and vitamin E support healthy-looking skin
- Frankincense essential oil may help smooth the appearance of fine lines for a more youthful look
- Add to your daily skin care regimen to promote an attractive complexion and improve the overall appearance of your skin

Product Description

Specifically for women, Progessence Plus™ serum is formulated with a careful balance of wild yam extract and vitamin E to support healthy-looking skin, while pure Frankincense essential oil smooths the appearance of fine lines. Add it to your daily regimen for a more youthful look.

How to Share

You feel active and vibrant, but age and the environment can make your skin tell a different story. For smoother-looking skin that helps you look as youthful as you feel, add a few daily drops of Progessence Plus to your skin care regimen. It's designed exclusively for women to smooth the look of fine lines and to support healthy-looking skin with wild yam extract, Frankincense essential oil, and vitamin E.

Pure Protein Complete™

Dietary Supplement

Primary Benefits

- Excellent source of protein
- Optimal 5-protein blend
- Protein boost
- Supports the body's protein needs
- Provides a full range of amino acids including: D-aspartic acid, threonine, L-serine, glutamic acid, glycine, alanine, valine, methionine, isoleucine, leucine, tyrosine, phenylalanine, lysine, histidine, arginine, proline, hydroxyproline, cystine, tryptophan, and cysteine
- Protein metabolism support
- elevATP, an ancient peat and apple extract, supports ATP production, the energy currency of the body
- Offers 25 grams of protein per serving
- No trans fat
- rBGH-free whey
- Soy free

Product Description

Offering a remarkable 25 grams per serving, Pure Protein Complete™ combines five sources of protein--goat's milk, whey, egg white (albumin), pea, and hemp--for a

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delicious daily protein supplement that provides a full range of amino acids. Pure Protein is also formulated with elevATP, a unique ancient peat and apple extract that supports the production of ATP, the energy currency of the body. Available in two delicious flavors--Vanilla Spice and Chocolate Deluxe--Pure Protein Complete is high in protein and free from trans-fat, soy, and rBGH.*

Purification®

Topical/Aromatic

Contains: Citronella, Rosemary, Lemongrass, Melaleuca Alternifolia, Lavandin, Myrtle

Primary Benefits

- Add to V-6™ Vegetable Oil Complex to complement a soothing and relaxing foot massage
- Diffuse to freshen air and eliminate odors
- Includes the naturally occurring compounds cineol, neral, and geranial
- Put a few drops on cotton balls and place on vents in house, car, and closets to freshen the air
- Add to Young Living's Bath & Shower Gel Base or add 4 drops to a cup of Epsom salts for a soothing bath
- Add to distilled water in a small spray bottle and use when traveling to freshen air
- Add to product to moisturize skin and improve appearance for healthy looking skin
- Apply topically to enjoy the outdoors annoyance-free

Product Description

Purification® essential oil blend helps freshen the air and eliminate odors with its unique combination of Citronella, Lemongrass, Lavandin, Rosemary, Tea Tree, and Myrtle essential oils and includes naturally occurring compounds cineol, neral, and geranial. Add Purification oil to Animal Scents® products to moisturize skin and improve the appearance of healthy-looking skin or apply topically to enjoy the outdoors annoyance-free.

How to Share

Unpleasant smells throughout your home can be really hard to shake. Purification essential oil blend combines six fresh essential oils such as Lemongrass and Tea Tree that help banish bad smells. Making your home smell fresh and inviting without harsh commercial sprays is easy! Just diffuse 6–10 drops of Purification in stale-smelling areas of your home; drop onto cotton balls and leave them in heater vents, shoes, and drawers; or combine 12 drops with distilled water in a spray bottle and shake for a natural linen spray.

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Raven™

Topical/Aromatic

Contains: Ravintsara, Lemon, Wintergreen, Peppermint, Eucalyptus Radiata

Primary Benefits

- Diffuse or inhale directly for a refreshing aromatic experience
- Provides a comforting aroma when applied to neck and chest
- Features oils of Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus Radiata.
- Includes the naturally occurring constituents eucalyptol, menthol, and methyl salicylate

Product Description

Raven™ combines Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus Radiata essential oils for a refreshing aromatic experience. Enjoy its comforting scent by applying it to neck and chest or by diffusing or inhaling its fresh aroma.

R.C.™

Topical/Aromatic

Contains: Eucalyptus Globulus, Myrtle, Marjoram, Pine, Eucalyptus Radiata, Eucalyptus Citriodora, Lavender, Cypress, Black Spruce, Peppermint

Primary Benefits

- Rub 3 drops on feet before bedtime
- Use in place of Aroma Siez™ in the Raindrop Technique®
- Add to V-6™ Vegetable Oil Complex to create a spa-like, soothing atmosphere with massage
- Rub on feet or chest before exercising to create an uplifting and inspiring aroma
- Includes the naturally occurring compounds linalol acetate, linalol, camphene, and eucalyptol
- Diffuse to create a comforting aroma

Product Description

R.C.™ essential oil blend is a unique combination of Cypress, Spruce, and three types of Eucalyptus (*E. globulus*, *E. radiata*, and *E. citriodora*) oils and includes the naturally occurring constituent limonene. Rub R.C. on your feet or chest before exercise to uplift and inspire or massage 3 drops on your feet before bedtime to encourage an atmosphere of comfort. R.C. can also be used in place of Aroma Siez™ in Young Living's Raindrop Technique®.

How to Share

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R.C. essential oil blend helps you get inspired and uplifted for early morning workouts. It features three varieties of Eucalyptus essential oil, as well as Cypress and Spruce. Just apply a few drops to your chest before jumping on the treadmill or grabbing your weights, and when it's time to wind down for bedtime, give your feet a relaxing massage with R.C. to create a positive, comforting environment that helps you get mentally and physically ready for tomorrow's workout.

Rosemary Vitality™

Dietary Supplement

Primary Benefits

- Helps support a healthy lifestyle regimen*
- Supports well-being*
- Provides a savory addition to many meats, marinades, side dishes, and dressings
- Includes the naturally occurring constituents eucalyptol and alpha-pinene
- An important ingredient in many products, including Thieves®, En-R-Gee™, JuvaFlex®, Essentialzymes-4™, and Inner Defense®

Usage

- Keep your healthy lifestyle going by adding 2 drops in a capsule and taking as a dietary supplement.*
- Stir in a few drops of Rosemary Vitality oil to your tomato sauce to add an authentic, fresh flavor.
- Replace dried rosemary with just a drop of Rosemary Vitality in your favorite recipes, such as breads and pasta dishes.
- Add a drop of Rosemary Vitality to give marinades and salad dressings an extra dose of flavor.
- Combine olive oil, balsamic vinegar, and Rosemary Vitality for a bread dip that rivals that of any restaurant.

Product Description

Rosemary (*Rosmarinus officinalis*) is a flavorful herb that's celebrated for its role in the culinary world, especially in Italian dishes. Rosemary Vitality™ essential oil lends a uniquely herbaceous taste to every dish it's featured in, making it perfect for many savory recipes.

As a dietary supplement, Young Living Rosemary Vitality essential oil is loved for its naturally occurring constituents eucalyptol and alpha-pinene, which can help maintain overall wellness*. Rosemary also happens to be an important ingredient in many Young Living products, including Thieves®, En-R-Gee™, and JuvaFlex™ essential oil blends, and Essentialzymes-4™ and Inner Defense® supplements.

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Sacred Frankincense

Topical/Aromatic

Primary Benefits

- Supports and maintains the appearance of healthy-looking skin
- Diffuse this grounding, uplifting, and inspiring aroma
- Apply oil to enhance meditation
- Includes the naturally occurring constituents alpha-pinene, limonene, and boswellic acid
- Important ingredient in Freedom Sleep™ and Freedom Release™ kits, Common Sense™, RutaVaLa™, Progessence Plus™, and Sheerlumé™.

Product Description

Sacred Frankincense is versatile for both topical and aromatic uses. Diffuse Sacred Frankincense to elevate meditation and other sacred moments or to enjoy an aroma that is grounding, inspiring, and uplifting. An important ingredient in Sheerlumé™, it is also perfect for applying to skin to maintain its healthy-looking, radiant appearance.

Shutran™

(Topical/Aromatic)

Contains: Idaho Blue Spruce, Ocotea, Ylang Ylang, Hinoki, Coriander, Davana, Lavender, Cedarwood, Lemon, Northern Lights Black Spruce

Product Benefits

- Shutran is an empowering aroma designed for men
- In addition to its unique formula, Shutran includes Idaho Blue Spruce essential oil, distilled from Idaho blue spruce trees grown on Young Living's farms
- Shutran is formulated with pure essential oils and without the synthetic ingredients found in many mainstream men's colognes
- Shutran's inspiring scent is appealing to both men and women
- Shutran's aroma promotes feelings of vitality, masculinity, confidence, and energy

Product Description

Including the fresh, woody aroma of Idaho Blue Spruce essential oil distilled from trees grown on Young Living's farms, Shutran's inspiring aroma makes it a great cologne that appeals to both men and women. Its scent inspires feelings of vitality, masculinity, confidence, and energy.

Spearmint Vitality™

Dietary Supplement

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Primary Benefits

- Blend with Peppermint Vitality essential oil for digestive system support*
- Includes naturally occurring carvone and limonene
- An important ingredient in many products, including Citrus Fresh™, EndoFlex™, GLF™, NingXia Nitro™, and Thyromin™

Usage

- Take Spearmint Vitality as a dietary supplement by adding a drop to a vegetarian capsule and taking daily or as needed.
- Enjoy staying hydrated! Add a drop of Spearmint Vitality to a glass of fruit-infused water to add variety.
- Add a drop to your tea to help support normal digestion.*
- Give meats and veggies a minty note by including Spearmint Vitality in your marinades.
- Make world-class homemade pesto by adding a drop of Spearmint Vitality to your minced basil.

Product Description

Spearmint (*Mentha spicata*) Vitality™ essential oil is treasured for its unique minty flavor, as well as its ability to help calm tummies* and support normal digestion* as a dietary supplement. With naturally occurring menthol, carvone, and limonene, Spearmint Vitality essential oil can add a cooling effect to foods that is both pleasant and beneficial.

With a distinctly sweeter, softer mint taste than Peppermint Vitality, Spearmint Vitality oil is perfect for infusing beverages to help cool you down. Because of its versatility, Spearmint Vitality is an important ingredient in Citrus Fresh™, EndoFlex™, GLF™, NingXia Nitro®, and Thyromin™.

Stress Away™ Vitality™

Dietary Supplement

Contains: Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender

Primary Benefits

- Add 2–3 drops to glass of water to enhance flavor
- Promotes wellness
- May be an important part of a daily health regimen
- Includes the naturally occurring constituents beta-caryophyllene, alpha-humulene, limonene, cedrol, and linalool

Product Description

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With the sweet, pleasant flavors of Lime essential oil and Vanilla, Stress Away™ Vitality™ is a great addition to a glass of water to promote wellness and support your daily health regimen.

Stress Away™ Roll-On

Topical/Aromatic

Contains: Copaiba, Lime, Cedarwood, Vanilla, Ocotea, Lavender

Primary Benefits

- *List of benefits coming soon*

Product Description

Stress Away™ Essential Roll-On is the perfect on-the-go natural solution to combat stresses that creep into everyday life. This deliciously unique blend of essential oils makes relieving daily stress convenient and easy.

Sulfurzyme®

Dietary Supplement

Primary Benefits

- Supports joint health*
- Supports recovery time and acute inflammation associated with exercise*

Product Description

Sulfurzyme® combines powerful nutritional solutions like MSM, a naturally occurring organic form of dietary sulfur needed by our bodies to help maintain the normal structure of proteins, with pure wolfberry powder for a formula that supports joint health. Sulfurzyme is also an ideal workout supplement, as it can support a good recovery time and help maintain a healthy response to acute inflammation associated with exercise.*

Super B™

Dietary Supplement

Primary Benefits

- Supports normal cardiovascular health
- Supports energy levels
- Contains a combination of mood-supporting B vitamins
- Promotes healthy cognitive function

Product Description

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With a combination of powerful, mood-supporting B vitamins, Super B™ can support normal cardiovascular health and energy levels, while promoting healthy cognitive function.

Tangerine Vitality™

Dietary Supplement

Primary Benefits

- Supports a healthy lifestyle regimen*
- Includes naturally occurring limonene
- Offers a bright citrus flavor addition to foods and water
- An important ingredient in Citrus Fresh™, Joy™, Inner Child™, NingXia Red®, Slique® Essence™, and Super C™

Usage

- Add a drop of Tangerine Vitality to a vegetarian gel capsule and take it as a daily dietary supplement to enjoy its many benefits.
- Add a drop or two of Tangerine Vitality to NingXia Zyng™ for a delicious and tangy twist on our lightly sweetened sparkling drink.
- Give your marinades a sweet kick by adding Tangerine Vitality instead of Lemon Vitality or Lime Vitality.
- Infuse your water by adding a few drops with to encourage yourself to drink more during the day.
- Try adding a little Tangerine Vitality to your salad dressing for a wonderful citrus zing.

Product Description

Tangerine (*Citrus reticulata*) Vitality™ essential oil is one of the sweetest flavors of all our citrus Vitality oils. Bringing complex citrus notes to savory dishes and desserts, Tangerine Vitality essential oil is a bright, tangy addition in the kitchen. When you want to give your recipes an extra kick of something unexpected, try reaching for Tangerine Vitality.

More than just another citrus essential oil, Tangerine Vitality oil includes naturally occurring limonene and is an important ingredient in Citrus Fresh™, Joy™, Inner Child™, Peace & Calming®, NingXia Red®, Slique® Essence, and Super C™.

Tarragon Vitality™

Dietary Supplement

Primary Benefits

- Supports wellness*

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- Includes the naturally occurring constituent estragole
- Use to enhance the flavor of savory recipes
- An important ingredient in DiGize™, Allerzyme®, ComforTone®, Essentialzymes-4™, and ICP™

Product Description

With a taste and aroma reminiscent of fresh tarragon, Tarragon Vitality™ essential oil is a great addition to savory foods; and its flavor pairs well with Lemon Vitality essential oil. Tarragon Vitality is an important ingredient in DiGize™, Allerzyme®, ComforTone®, and Essentialzymes-4™. Use it as a dietary supplement to support wellness.

Tea Tree

Topical/Aromatic

Primary Benefits

- Helps maintain healthy looking hair and scalp
- Reduces the appearance of blemishes
- Apply to feet and toenails when needed
- Includes the naturally occurring constituents terpinene-4-ol, gamma terpinene and alpha-terpinene
- Included in Purification® and Melrose™ essential oil blends, Animal Scents® and Rose ointments, and ClaraDerm™.

Product Description

With a fresh, crisp aroma, Tea Tree essential oil is an important oil in Purification® and Melrose™ essential oil blends, as well as Animal Scents® ointment, Rose ointment, and ClaraDerm™. When applied topically, Tea Tree can help maintain healthy-looking hair and scalp, reduce the appearance of blemishes, and can be applied to feet and toenails as needed.

Thieves® Vitality™

Dietary Supplement

Contains: Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, Rosemary

Primary Benefits

- Thieves® Vitality™ essential oil blend contains Eucalyptus Radiata essential oil, which may help support a healthy respiratory system when taken as a dietary supplement* (*Thieves, Eucalyptus Radiata*)
- Add to food or beverages to enhance the flavor. A drop in hot drinks adds a spicy zing (*Clove, Lemon, Cinnamon, Rosemary*)
- Includes the naturally occurring constituent limonene (*Lemon, Eucalyptus Radiata, Rosemary*)

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- Includes the naturally occurring constituent eugenol (*Clove, Cinnamon*)
- Includes the naturally occurring constituent eucalyptol (*Eucalyptus Radiata, Rosemary*)
- May contribute to overall wellness when taken as a dietary supplement*
- Supports healthy immune function*
- Includes Clove, which was traditionally used as a spice for flavoring food
- Add 1 drop Thieves to 2 drops Orange essential oil as a refreshing flavor to complement your favorite beverage
- Add 1 drop to a cup of warm water as part of a wellness regimen

Usage

- Add 1–2 drops to a vegetarian gel capsule and take daily or as needed as a dietary supplement.
- Put a drop or a swirl of Thieves Vitality essential oil in your morning juice, tea, or coffee. The spicy, sweet flavor will also give your morning beverage a flavor boost.
- Add a drop to oatmeal, granola, or other cereal to elevate your breakfast.
- Take a shot of NingXia Red® with a drop of Thieves Vitality for a quick, spicy boost to your daily NingXia Red shot.
- Include a drop of Thieves Vitality in a cup of warm water or milk to add it to your wellness regimen.

Product Description

With Thieves® Vitality™ you'll have a quick and easy way to balance your busy life and your wellness. With Young Living's Thieves Vitality essential oil you can support overall wellness and a healthy immune system* with just a few drops.

Thieves Vitality combines Lemon, Clove, Eucalyptus Radiata, Cinnamon Bark, and Rosemary essential oils to create one of our most popular products. These ingredients synergistically combine to offer one of the key benefits of Thieves Vitality oil: overall wellness and support of a healthy immune system. Additionally, Eucalyptus Radiata Vitality may also help support a healthy respiratory system when taken internally*.

Use the sweet, spicy flavor of Thieves Vitality as an addition to your daily wellness regimen. Its constituent oils such as Clove Vitality, Lemon Vitality, and Cinnamon Vitality give a comforting seasoning to warm food and drinks. Add Tangerine Vitality or Orange Vitality essential oil to Thieves Vitality to further brighten the flavors of your favorite foods.

How to Share

Keeping up with your busy schedule means keeping up with your immune wellness. Stay off the sidelines by supporting your immune system* with 1–2 drops of our proprietary

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Thieves Vitality essential oil in a cup of hot tea. A blend of Clove, Lemon, Cinnamon, Eucalyptus Radiata, and Rosemary essential oils, Thieves Vitality has a warm, spicy flavor that you'll love. Plus, the Eucalyptus Radiata essential oil in Thieves Vitality may help support respiratory health when taken internally.*

Thieves® AromaBright™ Toothpaste

Cosmetic

Primary Benefits

- Harnesses the power of Thieves® essential oil blend for extra clean teeth and gums
- Gently removes stains with the help of natural abrasives
- Polishes and brightens the appearance of teeth for a sparkling smile
- Peppermint and Spearmint oils combine for a minty-fresh flavor and long-lasting fresh breath
- No fluoride, synthetic dyes, or preservatives

Product Description

Harnessing the power of Thieves® essential oil blend, Thieves AromaBright™ Toothpaste can help promote extra-clean teeth and gums. Free from fluoride, synthetic dyes, and preservatives, Thieves AromaBright Toothpaste is a great choice for the whole family for minty-fresh flavor and long-lasting fresh breath. With the help of natural abrasives, this top-selling toothpaste gently removes stains while polishing and brightening the appearance of teeth for a sparkling smile.

How to Share

Teaching children good brushing habits can be tough—but it's a little easier with a toothpaste that the entire family will agree tastes amazing! Thieves AromaBright Toothpaste contains no fluoride, dyes, or preservatives and includes the spicy taste of our signature Thieves essential oil blend, plus gentle natural abrasives that polish teeth and make smiles sparkle.

Thieves® Dentarome Plus™

Cosmetic

Primary Benefits

- Discover a new level of clean with baking soda plus the power of Thieves
- Naturally derived ingredients gently lift stains for vivid, brilliantly clean teeth
- Peppermint and Wintergreen oils combine for a refreshing flavor
- Contains no fluoride, synthetic dyes, or preservatives

Product Description

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Discover a new level of clean with Thieves® Dentarome Plus™ Toothpaste. Naturally derived ingredients such as baking soda and Thieves essential oil blend gently lift stains for brilliantly clean teeth. The minty combination of Peppermint and Wintergreen essential oils add to the refreshing flavor. Free from fluoride, synthetic dyes, or preservatives, this toothpaste is an excellent choice for your family.

Thieves® Dentarome Ultra™

Cosmetic

Primary Benefits

- Provides a cool, stimulating flavor for ultra-fresh breath
- Gently removes stains to reveal a brighter, more radiant smile
- Includes Thieves® essential oil for extra cleaning power
- Naturally derived ingredients make this toothpaste a great alternative to commercial brands
- Contains no fluoride, synthetic dyes, or preservatives

Product Description

Thieves® Dentarome Ultra™ Toothpaste engages the power of Thieves oil blend for a boost of added cleaning power, while the cool flavor of Peppermint essential oil provides ultra-fresh breath. Made from naturally derived ingredients and free from fluoride, synthetic dyes, and preservatives, Thieves Dentarome Ultra is a great alternative for removing stains to reveal a brighter, fresher, more radiant smile!

How to Share

A bright smile can be your best feature, but foods and drinks can sometimes stain teeth. Thieves Dentarome Ultra Toothpaste is made with Young Living's powerful Thieves essential oil blend, plus naturally derived ingredients that work on stains for a whiter, brighter smile.

Thieves™ Dish Soap

Cleaner

Primary Benefits

- Plant-based formula
- Leaves dishes sparkling clean
- Free from SLS, dyes, SLES, formaldehyde, phosphates, and synthetic perfumes
- Uses Thieves essential oil blend and Jade Lemon and Bergamot essential oils

Product Description

Plant-based and infused with Thieves, Jade Lemon, and Bergamot essential oils, Thieves™ Dish Soap leaves dishes sparkling clean without SLS, dyes, SLES, formaldehyde, phosphates, or synthetic perfumes.

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Thieves® Fresh Essence Plus™ Mouthwash

Cosmetic

Primary Benefits

- Powered by Thieves® essential oil blend for incredibly clean teeth and gums
- Cool, invigorating taste featuring Peppermint and Spearmint essential oils for long-lasting fresh breath
- Contains naturally derived ingredients that leave your whole mouth feeling fresh
- No alcohol, synthetic dyes, or artificial flavors
- Valuable addition to complete your oral hygiene routine

Product Description

Thieves® Fresh Essence Plus™ Mouthwash is powered by Thieves essential oil blend for incredibly clean teeth and gums. Combined with naturally derived ingredients, Young Living's mouthwash is safe and effective without the use of alcohol, synthetic dyes, or artificial flavors. The cool, invigorating taste is enhanced by Peppermint and Spearmint essential oils to deliver long-lasting fresh breath, making our mouthwash a valuable addition to your oral hygiene routine.

How to Share

After brushing with one of our essential oil-infused toothpastes, rinse with Thieves Fresh Essence Plus Mouthwash for your freshest breath ever—without the typical mouthwash burn or the synthetic ingredients. With the spicy-sweet flavor of Thieves essential oil blend and the cool taste of Peppermint and Spearmint essential oils, this formula gives you incredibly clean teeth and gums for an extra boost of confidence.

Thieves™ Fruit & Veggie Spray

Cosmetic

Primary Benefits

- Small, convenient size makes it perfect to use when on the go
- Ideal for quickly cleaning small quantities of produce at home
- Cleans fruits and vegetables with the help of naturally derived ingredients
- Lime essential oil and Thieves essential oil blend do not affect taste

Product Description

Infused with Lime and Thieves® essential oils, Thieves™ Fruit & Veggie Spray is a small, convenient, on-the-go solution for quickly cleaning produce when a sink isn't nearby. Formulated with naturally derived ingredients, Thieves Fruit & Veggie Spray cleans small amounts of fruits and vegetables without affecting taste.

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Thieves™ Fruit & Veggie Soak

Cosmetic

Primary Benefits

- Cleans fruits and vegetables with the help of naturally derived ingredients, including Thieves®, DiGize™, and Purification® essential oil blends
- Great for conventional and organically grown produce
- Highly concentrated

Product Description

Infused with Lime, DiGize™, Purification®, and Thieves® essential oils, Thieves™ Fruit & Veggie Soak is a highly concentrated cleaning solution for both organic and conventional produce. Formulated with naturally derived ingredients, Thieves Fruit & Veggie Soak cleans fruits and vegetables without affecting taste.

Thieves® Household Cleaner

Cleaner

Primary Benefits

- Offers exceptional cleaning with the power of Thieves® and Lemon essential oils
- Naturally derived, plant-based ingredients for a safer way to clean and purify your home
- Multipurpose solution for virtually any surface in your home or office
- Can be used on many surfaces, including fabrics, upholstery, carpet, floors, walls, dishes, and more

Product Description

Combining naturally derived, plant-based ingredients and Lemon essential oil, Thieves® Household Cleaner provides exceptional home cleaning and purifying power. This multipurpose solution can be used for virtually any surface in your home or office.

How to Share

A clean home smells as clean as it looks—which is why Young Living's Thieves Household Cleaner not only gets the job done but smells amazing doing it! This concentrated formula works hard at spot-cleaning carpet, degreasing kitchen surfaces, and everything in between. Plus, the addition of Thieves and Lemon essential oils make it smell more like fall baking than spring cleaning.

Thieves™ Laundry Soap

Cosmetic

Primary Benefits

- Plant-based formula

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- Gently and naturally washes clothes
- Cleans clothes without chemical or synthetic residue
- Free from SLS, dyes, petrochemicals, formaldehyde, phosphates, synthetic perfume, and optical brightening agents
- HE safe
- 6X ultra concentrated (64 loads)
- Natural enzymes
- Uses Thieves essential oil blend and Jade Lemon and Bergamot essential oils

Product Description

A plant-based formula infused with Thieves®, Jade Lemon, and Bergamot essential oils, plus natural enzymes, Thieves™ Laundry Soap is free from SLS, dyes, petrochemicals, formaldehyde, phosphates, synthetic perfume, and optical brightening agents. HE safe and concentrated to clean 64 loads of laundry per bottle, Thieves Laundry Soap is the perfect choice for gently and naturally cleaning your family's clothes without leaving chemical or synthetic residues.

Thieves® Lozenges

Dietary Supplement

Primary Benefits

- Powered by Thieves® essential oil blend for extra strength and effectiveness
- Naturally derived ingredients are potent
- Contains no artificial flavors, dyes, or preservatives
- Has a refreshing lemon-mint flavor
- Perfect to carry in your car, purse, or backpack for use on the go

Product Description

Powered by Thieves® essential oil blend for extra strength and effectiveness and infused with Lemon and Peppermint essential oils, Thieves Lozenges provide a lasting, refreshing taste. The naturally derived ingredients—free from artificial flavors, dyes, or preservatives—are both powerful and effective. Take Thieves Lozenges with you for an essential oil-infused boost on the go!

How to Share

It can be tricky to get your daily infusion of Thieves when you're out and about, so take Thieves Lozenges along in your purse, backpack, diaper bag, or glove compartment. With a sweet, refreshing lemon-mint taste—and without dyes, preservatives, and artificial flavors—these lozenges are perfect to pop whenever you need a Thieves boost.

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Thyme

Dietary Supplement

Primary Benefits

- May support wellness*
- Use as a flavorful addition to savory dishes
- Includes the naturally occurring constituents thymol, para-cymene, and gamma-terpinene
- An important ingredient in Inner Defense®, Longevity™, ParaFree™, and Rehemogen™

Usage

- Take 1–2 drops in a vegetarian gel capsule to enjoy the benefits of Thyme Vitality's naturally occurring constituents.
- Include in your next pasta or poultry dish for a delicious new layer of flavor.
- Use a few drops in your marinade to infuse meats and vegetables with herby richness.
- Make your dips extra appetizing by adding a drop of Thyme Vitality.

Product Description

Thyme (*Thymus vulgaris*) Vitality™ essential oil is the concentrated distillation of Thyme, a classic and beloved kitchen herb. Thyme Vitality oil can be used in place of the dried spice in your favorite dishes and is always easy to keep on hand.

Thyme Vitality essential oil includes the naturally occurring constituents thymol, para-cymene, and gamma-terpinene, which makes it perfect for including as a dietary supplement in your everyday lifestyle. The benefits of Thyme Vitality oil make it an essential ingredient in Longevity™ essential oil blend, Inner Defense®, ParaFree™, and Rehemogen™.

Thyromin™

Dietary Supplement

Primary Benefits

- Nutritionally supports healthy thyroid function

Product Description

Combining a cutting-edge blend of supportive ingredients and pure essential oils, Thyromin™ can provide essential nutritional support for healthy thyroid function.

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Valor®

Topical/Aromatic

Contains: Black Spruce, Blue Tansy, Frankincense, Rosewood, Coconut Oil

Primary Benefits

- Apply several drops to wrists, chest, base of neck, or bottoms of feet for an uplifting, empowering aromatic experience
- Add several drops to bath water for a calming aroma
- Inhale from the bottle or diffuse to create a refreshing aromatic environment
- Add 15–20 drops to V-6™ Vegetable Oil Complex for a full-body massage
- This blend is essential to Young Living's signature Raindrop Technique®
- Apply at bedtime for a peaceful aroma
- Add to Young Living's Bath & Shower Gel Base for an uplifting aroma
- Valor® is one of Gary Young's favorite oil blends
- Valor is one of Young Living's top-selling oil blends

Product Description

Valor® essential oil blend is a top seller and one of Young Living Founder D. Gary Young's favorite blends. Apply to wrists, chest, base of neck, and bottoms of feet or add to Young Living® Bath & Shower Gel Base. You may also apply at bedtime or diffuse, inhale, or add 2–4 drops to bath water to enjoy its calming aroma. Valor can be an important blend in Young Living's signature Raindrop Technique®, and it is also a great addition to a full-body massage when 15–20 drops are added to V-6™ Vegetable Oil Complex.

How to Share

Valor essential oil is Gary Young's favorite blend, and members love its empowering scent that includes Black Spruce, Rosewood, Blue Tansy, and Frankincense essential oils. If you're feeling intimidated by a long to-do list, get ready for a demanding day by rubbing it on your feet, hands, and neck or diffuse it first thing in the morning to enjoy the warm, affirming scent. Valor also makes a great woody-smelling cologne that inspires the man in your life.

Valor II™

Topical/Aromatic

Contains: Ylang Ylang, Rosewood, Northern Light Black Spruce, Matricaria, Idaho Blue Spruce, Frankincense, Vetiver, Cistus, Bergamot, Cassia, Davana

Primary Benefits

- Calming and soothing aroma
- Apply topically to experience an uplifting fragrance

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- Diffuse for an inspiring aroma
- Add 15–20 drops to V-6™ Vegetable Oil Complex and use for a relaxing foot massage
- Includes naturally occurring constituents of linalol, alpha-pinene, camphene, and limonene

Product Description

Young Living founder D. Gary Young specially formulated Valor II™ essential oil blend as his recommended option and alternate to Valor. He handpicked this new formula to stay true to the original constituent character of its predecessor and offer the same great experience. Valor II includes Young Living's exclusive Northern Lights Black Spruce and Idaho Blue Spruce essential oils, along with Ylang Ylang, Frankincense, Vetiver, Cistus, Bergamot, Cassia, German Chamomile, and other oils. Diffuse Valor II for an inspiring and calming aroma or apply topically to experience this uplifting fragrance.

Valor II includes the naturally occurring constituents linalol, alpha-pinene, camphene, and limonene. Along with Valor, you'll now have two unique and powerful options that can be used individually or together for a complementary experience!

Vetiver

Topical/Aromatic

Primary Benefits

- Has an earthy and grounding aroma
- Diffuse this calming and relaxing fragrance
- Includes the naturally occurring constituents isovalencenol, khusimol, and beta-vetivone
- Included in ART® Creme Masque, Melaleuca-Geranium Moisturizing Soap, Inspiration™, Lady Sclareol™, and SleepEssence™

Product Description

Vetiver's earthy and grounding aroma make it an important part of signature Young Living formulas like ART® creme masque, Inspiration™, Lady Sclareol™, and SleepEssence™. Diffuse this unique essential oil for a calming and relaxing fragrance throughout the home.

Wintergreen

Topical/Aromatic

Primary Benefits

- Wintergreen has a refreshing, minty, sweet aroma
- Great addition to lotions and ointments that are applied after activity
- Includes the naturally occurring constituent methyl salicylate

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- An important ingredient in Deep Relief™ Roll-On, Ortho Ease® Massage Oil, Ortho Sport® Massage Oil, PanAway®, and BLM™

Product Description

Providing a distinctively refreshing, minty aroma to Deep Relief™ Roll-On and PanAway®, Wintergreen essential oil's scent is stimulating and invigorating. Wintergreen is a perfect addition to any lotion, massage oil, or ointment that is used after activity.

Ylang Ylang

Topical/Aromatic

Primary Benefits

- Has a rich, sweet, floral scent
- Diffuse this oil for a calming, relaxing, and soothing aroma
- Massage into scalp to increase the appearance of healthy, shiny hair
- Found in many Young Living skin and hair care products and other products, including Awaken™, Believe™, Clarity™, Dragon Time™, and Forgiveness™

Product Description

With its sweet floral aroma, Ylang Ylang essential oil is perfect for diffusing to enjoy its romantic and relaxing aroma. Ylang Ylang is an important addition in many of our signature essential oil blends, including Awaken™, Clarity™, and Forgiveness™, as well as several skin and hair care products.

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