

NingXia Red®

A Powerful Superfruit Beverage



THE STORY



The NingXia Red® Story

Over 25 years ago, Young Living Founder D. Gary Young travelled the world. He wanted to learn about the many approaches to longevity, energy, vitality and wellness. On a particular trip to China, he met scientist Dr. Songqiao Chao, who introduced him to a delicious fruit called the wolfberry. Dr. Chao explained that the berry had been prized by the Chinese people for thousands of years because of its powerful wellness benefits. Those who regularly ingested this berry, he explained, led remarkably long and healthy lives.

Gary learned that Chinese biochemists at the Ningxia Institute of Nutrition had analysed the wolfberry and discovered that it is one of the most nutrient-dense foods on the planet. This incredible revelation convinced Gary that he needed to share Ningxia wolfberries with the world. By combining wolfberries with other superfruits and Young Living's pure essential oils, he created the delicious and nutritiously rich drink we now know as NingXia Red®.

Today, only Young Living blends whole Chinese wolfberries and other superfruits with powerful, premium culinary essential oils to create a drink that not only tastes delicious but greatly supports your overall wellness!



Ningxia Province,
China

*These statements have not been evaluated by the Therapeutic Goods Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Consult individual product labels for safety information.



ALL ABOUT

NingXia Red

NingXia Red® contains vital nutrients that modern diets often lack - and these nutrients could be the key to unlocking abundant wellness and energy. It is a tasty, simple way for your whole family to infuse every day with health, wellness and essential nutrients.

IN EACH 250 ML GLASS OF NINGXIA RED YOU'LL FIND



30 g
Wolfberries



9 g
Blueberries



6 g
Plums



5 g
Aronias



5 g
Cherries



4 g
Pomegranate

ESSENTIAL OIL INFUSED INGREDIENTS

What sets NingXia Red apart is its blend of Orange, Tangerine, Lemon and rare Yuzu premium essential oils, known for their rich and powerful antioxidant d-limonene. These culinary oils add their own health benefits and contribute to NingXia Red's delicious flavour.



CERTIFICATIONS



The Ningxia Wolfberry

NingXia Red® provides a whole-body nutrient infusion to energise, fortify and revitalise the body. It is a tasty, simple way for your whole family to infuse everyday with health, wellness and essential oil nutrients that modern diets often lack.

The Wolfberry, commonly known as the goji berry, has been sought after for centuries with ongoing research continuing to yield exciting new properties and benefits.

It is revered for its unparalleled nutritional profile, including fibre, protein, zeaxanthin, critical amino acids, polyphenols, polysaccharides, antioxidants and more!



Scan or click the QR code to learn about our Ningxia Wolfberry Farm and Distillery

*These statements have not been evaluated by the Therapeutic Goods Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult product labels for safety information.

LEARN ABOUT NingXia's Key Benefits

Adding NingXia Red to your daily routine provides a nutritious infusion for whole body support. Discover 6 key benefits to drinking this powerful superfruit beverage for overall health and wellness.



Rich in Nutrients & Antioxidants

A daily boost of Vitamin C, where every 150ml contributes to normal energy metabolism, normal neurological and immune system function and more.



Goji Berry Goodness

Also known also as NingXia wolfberries, goji berries provide energy without harmful side effects.



Infused with Essential Oils

Infused with a sweet citrus taste and dlimonene from Young Living Orange, Yuzu, Lemon & Tangerine essentials oils!



Fruit Juice Benefits

Packed with blueberry, plum, aronia, cherry, grapeseed and pomegranate juices for delicious flavour and a vibrant red colour.



Naturally Sweetened

Sweetened with Stevia extract, which is a zero-calorie natural sweetener.



Great for Kids too!

Effectively energises, fortifies and revitalises the body to support good overall health.



YOUNG LIVING
ESSENTIAL OILS

NINGXIA

ZYNG

Hydrating Splash
of Energy



ORANGE · WOLFBERY · BLACKBERRY
SPARKLING BEVERAGE

8.28 fl. oz. (245 ml)

ALL ABOUT NingXia Zying

NingXia Zying™ is a delicious, sparkling, guilt-free and refreshing alternative to energy drinks. It invigorates the body, providing natural energy without artificial flavours, colours, sweeteners or preservatives, delivering a lot of refreshment with little carbonation or calories.

WHAT GIVES THIS BEVERAGE ITS ZING AND HYDRATING ENERGY?

NingXia Zying uses the same whole-fruit wolfberry puree found in NingXia Red®. We add pear and blackberry juices and a hint of Lime and Black Pepper essential oils for a dynamic, unique taste. Naturally occurring caffeine from white tea leaf extract helps provide a splash of hydrating energy without the negative side effects that you experience with synthetic caffeinated sodas and energy drinks. We then add sparkling water and vitamins A, E and B for delicious, vitamin-infused refreshment.



Lime
essential oil



Black Pepper
essential oil

CERTIFICATIONS



Scan or click the QR code to watch
the Truth About Energy Drinks video

DID YOU KNOW

35

calories
per can

35_{mg}

of naturally occurring caffeine
from white tea extract.

NingXia Recipes



NINGXIA RED

Drink Recipes

TROPICAL DELIGHT

Inspired by Lys Vollmann

60 ml NingXia Red®
120 ml Pineapple Juice
30 ml Orange Juice

THINK PINK SPRITZER

Inspired by Jenn Fliter

60 ml NingXia Red®
1 drop Tangerine
120 ml Raspberry Kombucha

MORNING BOOST ICED TEA

Inspired by Isabelle Hammarstrom

60 ml NingXia Red®
120 ml Black Tea
1 drop Lemon
1 drop Orange

COCO CRUISER

Inspired by Tsubasa Mercy

60 ml NingXia Red®
120 ml Coconut Milk
½ Fresh Pureed Mango

NINGXIA ZYNG

Drink Recipes

BERRY SUNSET SPLASH

1 can NingXia Zyng
120 ml Cranberry Juice
½ cup Fresh Raspberries
2 Lemon Wedges

LIME OF THE PARTY

60 ml NingXia Red®
1 can NingXia Zyng
2 drops Lime

NINGXIA RED

Shot Recipes

COUNTDOWN

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

REFRESH

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

NEW START

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

THAI SURPRISE

60 ml NingXia Red®
1 drop Lime
1 drop Basil

HOT FLASH

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

SUNNY DAYS

60 ml NingXia Red®
1 drop Bergamot
2 drops Tangerine

NINGXIA ZYNG

Shot Recipes

CONFETTI POP

60 ml NingXia Zyng™
2 drops Tangerine
2 drops Lime

MIDNIGHT KISS

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

THE ZYNGER

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

NINGXIA BERRY PIE

By Chef Kate McAloon

INGREDIENTS:

1 pie crust (premade or homemade)

1½ cups blueberries

1½ cup raspberries

1½ cup strawberries (cut in quarters)

½ cup NingXia Red®

½ cup cornflour

1 tbsp lemon juice

½ cup raw sugar (to taste)

1 pinch of sea salt (optional, to taste)

1 cup rolled oats

½ cup brown sugar, packed or coconut sugar (to taste)



ESSENTIAL OIL: 2-3 drops Lemon

METHOD:

1. Preheat the oven to 220°C and place a rimmed baking tray on the bottom rack of the oven to catch any drips while the pie is baking.
2. In a large bowl gently mix all the filling ingredients and leave them for approx. 15 minutes to thicken. Stir them gently a few times to ensure the ingredients are well mixed. (If the pie filling is a bit too runny, stir in a little more cornflour and mix well. If it is too thick stir in a little more NingXia Red®.)
3. While the filling is thickening, in a medium bowl mix together the topping ingredients and set aside.
4. Line a pie tin with the crust and press evenly to fill the tin. Then crimp the edges with your fingers and cut off the excess dough. Note you can also use a premade crust.
5. Fill the crust with the berry mixture and smooth the top. Then evenly sprinkle with the topping mixture.
6. Place the pie in the oven and bake for 20 minutes on 220°C.
7. Then reduce the oven to 180°C and continue baking until the filling is bubbling for approx. 50-60 minutes. Check while baking to make sure the edges of the pie are not burning and loosely cover with a piece of baking paper, if needed.
8. Let the pie cool for at least 1 hour before serving to help it set. You can serve it with ice cream, non-dairy ice cream, sweetened cream or sweetened yoghurt.

TIP: If substituting with frozen berries, be sure to thaw in a strainer then squeeze out excess liquid.

ISLAND ESCAPE SMOOTHIE

Inspired by Peta Jarman

INGREDIENTS:

¼ cup NingXia Red®	1 small banana
¾ cup watermelon chunks	¼ cup coconut yoghurt
¼ cup of frozen berries	



METHOD:

1. Mix and pulse all ingredients in a blender until super smooth.

TIP:

Add a little extra if and when, the mood takes you. A little fresh mint, some chia seeds or pulsed rolled oats. The sky's the limit!

SWEET SUMMER SMOOTHIE

Inspired by Louise Gutsche

INGREDIENTS:

¼ cup NingXia Red®	1 cup pineapple
1 small banana	¼ cup Greek yoghurt



METHOD:

1. Mix and pulse all ingredients in a blender until super smooth.

WATERMELON SQUASH POPSICLE

Inspired by Louise Gutsche

INGREDIENTS:

Requires 4 icy pole moulds.
2 cups NingXia Red®
½ cup watermelon

ESSENTIAL OIL:
2 drops Lemon



METHOD:

1. Blend all ingredients, pour into moulds and freeze for 6-8 hours.

ZYNG-BACK SPIDER

Inspired by Rebecca De Aguir

INGREDIENTS:

1 can NingXia Zyng™
1 scoop vanilla ice cream



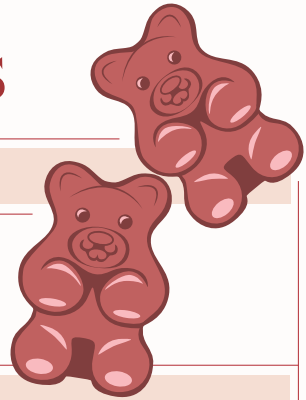
METHOD:

1. Pour the chilled NingXia Zyng™ into a glass, add a scoop of ice cream and enjoy!

TIP:

Frozen yoghurts and sorbets make a delicious and refreshing alternative to ice cream.

GUMMIES



INGREDIENTS: Requires silicon moulds in your preferred shapes.

1 cup NingXia Red®

1 ½ teaspoons Agar Agar*

4 teaspoons Manuka Honey

ESSENTIAL OILS:

3 drops Grapefruit

3 drops Lime

METHOD:

1. Combine NingXia Red®, gelatin and honey in a saucepan
2. Mix until fully dissolved on a medium-high heat
3. Once boiling, stir in essential oils
4. Pour into silicon moulds
5. Cool in the fridge for an hour or until set

COCOBERRY ICY POLES



INGREDIENTS: (Makes 4 popsicles)

Requires 4 icy pole moulds.

1 cup NingXia Red®

¼ cup coconut milk

½ cup sliced organic berries

ESSENTIAL OIL:

10 drops Orange or Tangerine

METHOD:

1. Combine NingXia Red®, water or coconut milk and Orange or Tangerine essential oil
2. Slice berries and place into moulds
3. Pour liquid mixture into moulds, covering the fruit
4. Freeze for 6-8 hours

NingXia Red CHIA PUDDING

Inspired by bit.ly/20ningxiarecipesia-red-recipes/

INGREDIENTS:

½ cup NingXia Red®
1 tbsp honey or maple syrup
2 tbsp chia seeds



METHOD:

1. Mix in a bowl, spoon into glasses if preferred and refrigerate for 4 hours
2. Stir occasionally for the first hour to ensure smooth consistency

About our YL Culinary Oils Ambassador CHEF KATE



Chef Kate McAloon, “Chef to the Stars and Beyond!”, is a talented cook and globetrotter who has lived in many places around the world, from the French Riviera to Hawaii and London. She has cooked for various celebrity clients such as Miranda Kerr & Orlando Bloom, Gwyneth Paltrow, Sheryl Crow and Meg Ryan. Chef Kate loves to bring people together through food by combining her favourite global destinations with organic ingredients and Young Living Essential Oils for a burst of flavour. She believes that when you eat organic, very tasty and deeply satisfying food, you will naturally eat less and feel better.

Scan or click the QR Code for
more **Chef Kate** recipes on our
Lavender Life Blog!



Let's Get Social!

Follow us on Social Media

Join us on social media to get the latest news, promotions and events updates. Plus, connect with other YL members and grow your business!



Facebook Australia
'Young Living Australia'



Instagram
@YoungLivingAUNZ



Facebook New Zealand
'Young Living New Zealand'



Instagram
@YLBusinessCollective



Facebook AUNZ Members
'Young Living Members AUNZ'



YouTube.com
@younglivingaunz

Imagery & Publications

Visit the Digital Library for resources such as product information, publications, images, shareable graphics and plenty more!



Digital Library Australia
Library.YoungLiving.com/en/au



Digital Library New Zealand
Library.YoungLiving.com/en/nz



Blog Australia
YoungLiving.com/blog/Australia



Blog New Zealand
YoungLiving.com/blog/New-Zealand

Subscribe to our Blog

Subscribe to our Blog and discover delicious recipes, learn about our oils and more.

