

# NingXia Red™

## *Facts and Research*

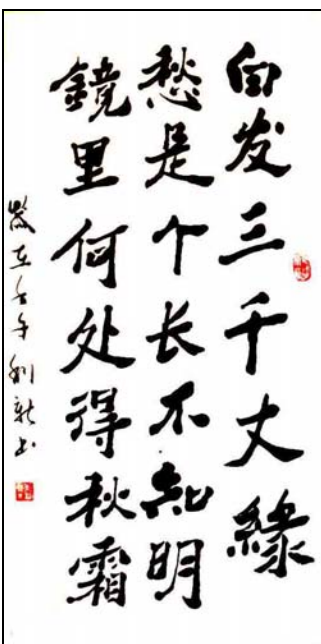


*For more information, please contact your Young Living distributor:*



*“A wolfberry elixir that promotes longevity was passed to an elderly man...who lived for over a hundred years. This man could walk extremely fast as if he was flying and his gray hair turned black again. The herb can be taken often to eliminate excessive heat in the body and will also improve vision.”*

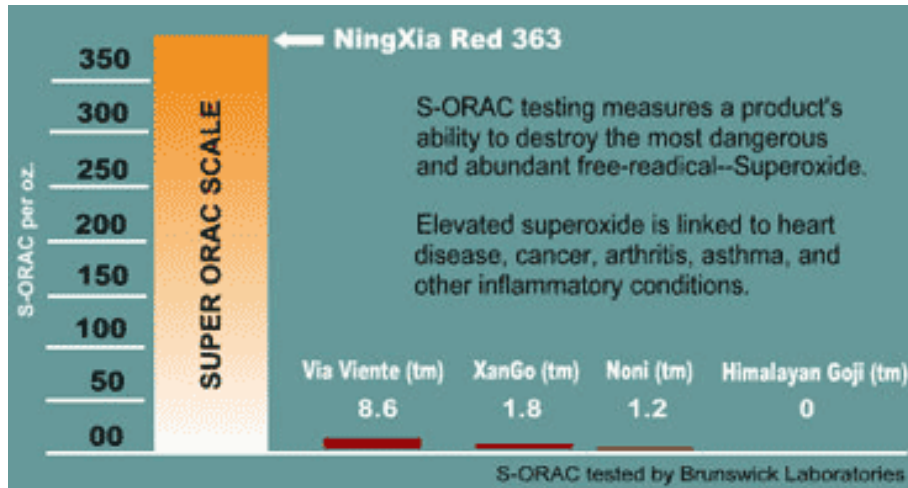
*Li Shizhen, a Chinese Physician  
1593 A.D.*



*Ancient Chinese texts report the following benefits of wolfberries:*

- *Nourishes the Yin*
- *Supports the blood*
- *Helps support the kidneys and liver*
- *Strengthens the eyes*
- *Fortifies muscles and bones*
- *Enhances the “chi” or life force*

## *Scientific Research Validates the Benefits of Ningxia Red*



(Analysis performed by Brunswick Labs, Wareham, MA)

*The S-ORAC test measures a product's ability to block free radical damage of the most dangerous free radical, superoxide. Superoxide is also responsible for generating other types of free radicals that lead to cellular mutation and cancer.*

***To equal the antioxidant power of  
ONE OUNCE of Ningxia Red,  
you would have to drink QUARTS  
of other juices.***

***1 oz. of NingXia Red =***

***8 bottles of Xango =***

***9 bottles of Noni =***

***7235 bottles of Himalayan Goji***

***The Journal of the American  
Nutriceutical Association Reports  
Improved Spleen Function  
With NingXia Red™***

***NingXia Red™ is the only drink of its kind to have a published peer-reviewed clinical study on the actual product and not just the main ingredient.***

*In a study published in the Journal of the American Nutriceutical Association, Ningxia Red was found to increase spleen phagocyte cell counts by 81%. (Having a large number of phagocytes in the spleen enables the body to more quickly eliminate foreign substances, including bacteria and disease-causing organisms, thus preventing the development of illness.)*



## **Energize. Fortify. Replenish.**

Learn why the Ningxia (ning-sha) wolfberry is an honored Chinese national treasure.

## ***Health Benefits of NingXia Red™***

- **Increases energy**
- **Extremely low glycemic index - 10.57 (grapefruits are 26 and table sugar is 83)**
- **Normalizes blood sugar**
- **Improves eyesight**
- **Strengthens the immune system**
- **Regenerates the liver, kidneys and spleen**
- **Reduces inflammation**
- **Repairs DNA**
- **Anti-aging - stops the buildup of rancid fats in your tissues**
- **Supports weight loss and reduces cravings**
- **Strengthens the cardiovascular system**
- **Reduces cholesterol**
- **Normalizes blood pressure**
- **Reduces candida**
- **Combats cancer**

*(See Research on NingXia Red™ and Ningxia Wolfberries for further details)*

## ***Questions and Answers:***

### ***How Do I use NingXia Red™?***

*If you have health challenges or a chronic condition, to bring your body back to good health - drink 1 oz. 5-6 times a day for the first 5-10 days to saturate your body with these life-giving nutrients. After 5-10 days (or after your health condition has improved) reduce your intake to 1-2 oz a day to maintain the benefits of Ningxia Red.*

*Eat whole dried Ningxia wolfberries (also available exclusively from Young Living). The dried berries are a great snack to carry with you to give the benefits of Ningxia wolfberries all day long.*

### ***Why is NingXia™ Red called a nutrient dense whole food?***

*Ningxia Red™ is packed with the nutritional abundance of wolfberries: 8 essential polysaccharides, 18 amino acids, 21 trace minerals, 6 essential fatty acids, vitamins B1, B2, B6, C and E, protein, beta-carotene and many other nutrients that are not found in supplements and extracts. Blueberry, raspberry, pomegranate and apricot juices, orange and lemon essential oils and blue agave nectar work synergistically with the wolfberry puree in Ningxia Red™ to improve eyesight and support pancreatic and liver function while reducing inflammation and supporting the immune system.*

### ***Are goji berries the same thing as wolfberries?***

*Although goji berries and wolfberries come from the same species known as *lyceum barbarium*, we like to distinguish between the two because not all berries are created equal. There are over 12 species of wolfberries (goji berries) in China. Only the berries from Ningxia province have been found to produce amazing anti-aging benefits. The majority of the research in China that is mentioned with regards to goji berries was done using Ningxia wolfberries or goji berries and not berries from other areas of China.*



## ***When were wolfberries first imported to the US?***

*In 1993 Gary Young, founder of Young Living, met Professor Chao from Beijing University in China. Gary Young was the first person outside of China to read Professor Chao's research on Ningxia wolfberries. Professor Chao's students at Beijing University conducted the first research in China on the benefits of wolfberries (1981-85). They discovered that Ningxia wolfberries are more nutrient dense than wolfberries from other areas of China. **Much of the research done on the amazing benefits of wolfberries (also known as goji berries) specifies the use of Ningxia wolfberries in the research conducted.** As the first major importer of wolfberries, Young Living Essential Oils began importing wolfberries in 1995. Currently Young Living has over 23 products which contain wolfberries.*

## ***Why wolfberries from the Ningxia province?***

*Ningxia (pronounced Neen-Sha), China is legendary for its amazingly healthy people. The Chinese national census recently reported that the number of Ningxia residents living more than 100 years exceeds the national average by an amazing 400%. Ningxia locals admit their health secret lies in the locally grown wolfberries. It is the most nutrient dense food on the planet.*



*The miracle of NingXia wolfberry comes from the mineral rich soil, the pure glacial water and the proper growing conditions on the Yellow River in Ningxia Province, China.*

***Why is NingXia Red™ is the only drink in the U.S. market that uses Ningxia wolfberries?***

*Young Living purchases all the wolfberries available from Ningxia, China and uses a special proprietary patented “Nutrient-Guard” process that takes freshly picked premium certified organic Ningxia wolfberries (using the juice, peel, and flesh) and processes them rapidly to maintain the enzymes, polysaccharides, and other nutrients of the whole fruit in this amazing longevity drink.*

***Why is NingXia Red™ unique in the market place?***

*Regardless of how impressive the Ningxia wolfberry benefits are in NingXia Red™, it is the complex synergy of all the ingredients together that intensifies this drink’s amazing health benefits.*

***All of the benefits of these ingredients combined creates a synergy that is something greater than each of the parts.***

**Ningxia Wolfberry puree -**

- Highest known source of zeaxanthin which is the reason for improved vision and liver regeneration
- Highest antioxidant food known at this time
- Rich in polysaccharides-the good sugars which improve cellular health and balance blood sugar
- High in ellagic acid which prevents DNA mutation

**Pomegranate Juice -**

- 3 oz a day for two weeks reduced oxidized cholesterol by 40%
- Reduces blood stickiness or the tendency to clump with age

**Blueberry Juice –**

- Tufts University studies show that it protects against brain aging
- University of Maniz studies show that it protects cell DNA

**Raspberry Juice -**

- High in quercetin and other antioxidants
- Has very levels of ellagic acid to protect cell DNA

**Lemon and Orange essential oils -**

High in limonene which combats cell mutation and tumor growth

**Organic Blue Agave Nectar -**

A natural sweetener with a very low glycemic index (11) to protect from high blood sugar and antioxidant damage

**Sodium Benzoate and Potassium Sorbate –**

Prevents the growth of mold and bacteria in this living food (NingXia Red™ is not pasteurized – the “Nutrient Guard” process very briefly heats the wolfberry puree to 186F degrees to kill bacteria. It protects all enzymes and nutrients in the drink).

*What questions should I ask about the health drink I currently use?*

Does your product have:	NingXia Red™	Other Wolfberry	Mangosteen	Noni
Published laboratory tests indicating the juice's capacity to absorb free radicals MANY TIMES GREATER than its competitors?	<b>YES</b> Note that S-ORAC lab tests reveal that NingXia Red™ as as much as 19 TIMES more radical absorbing capacity than competitors.	<b>NO</b>	<b>NO</b>	<b>NO</b>
Published, peer-reviewed clinical study on actual product (not just main ingredient), indicating beneficial immune effects in test subjects?	<b>YES</b> Winter 2004 Journal of American Nutraceutical Association	<b>NO</b>	<b>NO</b>	<b>NO</b>
Juice ingredients (ALL OF WHICH) provide significant health and antioxidant benefits?	<b>YES</b> Blueberry helps protect cell DNA* Pomegranate for heart** Red raspberry for DNA health***	<b>NO</b>	<b>NO</b>	<b>NO</b>

\* (Edenharder R et al., In vitro effect of vegetable and fruit juices on the mutagenicity of 2-amino-3-methylimidazo [4,5-f] quinoline, 2-amino-3,4-dimethylimidazo [4,5-f] quinoline and 2-amino-3,8-dimethylimidazo [4-5-f] quinoxaline. Food Chem Toxicol. 1994. May;32(5):443-59.)

\*\* (Aviram M and Dornfeld L. Pomegranate juice consumption inhibits serum angiotensin converting enzyme activity and reduces systolic blood pressure. Atherosclerosis 2001, 158:195-198.)

\*\*\* (<http://www.red-raspberry.org/ellagicacid.htm>.)

## ***Research on Ningxia Wolfberries***

*For more details about the following research read “Discovery of the Ultimate Superfood” by Gary Young ND, Ronald Lawrence MD, PhD and Marc Schreuder, Essential Science Publishing, 2005.*

### ***IMPROVES VISION***

- *Zeaxanthin and lutein are found in very high concentrations in the human eye.*
- *Japanese researchers found that long-term zeaxanthin and lutein deficiencies caused steadily diminishing vision.*
- *Ningxia wolfberries are the highest known source of zeaxanthin and lutein.*
- *Elevated ocular lipid peroxide (damaged fat) levels are a sign of aging and damage in the eyes.*
- *SOD reduces lipid peroxide.*
- *Ningxia wolfberries contain high amounts of SOD - the most powerful antioxidant Superoxide Dismutase.*

### ***IMPROVES DARK ADAPTATION***

- *In a 1998 Chinese study, diabetic rats were fed 1 gm daily of wolfberries for two weeks. The subjects showed a 20% reduction in lipid peroxides in their eye retinas and an 80% increase in SOD (the most beneficial antioxidant).*
- *Chinese researchers gave a daily dose of 50 grams (equals about 2 oz.) of wolfberries to each of 27 test subjects for 34 days. Researchers noted significant improvement in dark adaptation time in all subjects.*

### ***HELPS WITH GLAUCOMA***

- *Excess pressure inside the eye is the primary cause of a number of types of glaucoma.*

- *A 1999 study at the Agnes Scott College Dept of Chemistry, Decatur, Georgia examined the ability of phenolic antioxidants (ellagic acid) to lower intraocular pressure.*
- *Ningxia Red is rich in polyphenols such as ellagic acid (in wolfberries and raspberries).*

### ***PREVENTS AGING, FREE-RADICAL DAMAGE AND CELLULAR MUTATION***

- *Peking University gerontologists found wolfberry increased lung tissue lifespan by 22%.*

### ***MAINTAINS NORMAL BLOOD PRESSURE***

- *Research at Beijing Medical University in 1998 showed that Ningxia wolfberry polysaccharide reduced systolic blood pressure by 23% and diastolic blood pressure by 21% in an animal model.*

### ***STRENGTHENS THE CARDIOVASCULAR SYSTEM***

- *Steven Coco of Yale University School of Medicine says, "Increases in dietary potassium benefits several disease states. These include the treatment of hypertension, stroke prevention, arrhythmia prevention and treatment of congestive heart failure."*
- *Ningxia wolfberries are one of the richest known sources of potassium (1600mg per 100 gm)*
- *Studies published in the British Journal of Medicine indicate that potassium and magnesium together create a powerful synergistic effect to dramatically reduce the risk of heart disease.\**

*\*For people using warfarin or any other anti-clotting medication such as aspirin, be sure to take Ningxia Red under the guidance of a doctor to monitor your blood thickness. Wolfberries can reduce blood clotting and thin the blood through natural whole nutrition.*

- *High magnesium and calcium levels in Ningxia Red also provide powerful cardio protective properties.*

### **REDUCES CHOLESTEROL**

- *Research shows that Ningxia wolfberry reduces serum triglycerides and cholesterol by up to 80%.*

### **NORMALIZES BLOOD SUGAR AND HELPS DIABETES**

- *Sugar damage to the body is extensive in people over age 50.*
- *The New England Journal of Medicine indicates that low glycemic foods and diet outperformed drugs in reducing diabetes.*
- *New research shows that Ningxia Red (10.57) has one of the lowest glycemic indexes of any food.*
- *A joint study in 1998 by the Affiliated Hospital of Qing Dao Medical School and the First People's Hospital of Liu Zhou City examined the impact of wolfberry supplements on diabetic rats. They found that feeding 1 gram/day of wolfberry for two weeks lowered blood sugar dramatically; glycated hemoglobin (HbA1C) fell by 22% and fasting blood glucose plunged by 41%.*
- *"Chromium potentiates the action of insulin," states USDA researcher Walter Mertz, MD, working at the Beltsville Human Nutrition Research Center in Maryland.*
- *Ningxia wolfberry is one of the highest natural sources of chromium known with 79mcg per 100 gm.*

### **IMPROVES DIGESTIVE TRACT HEALTH**

- *The high polysaccharide and fiber content of the Ningxia wolfberry can promote the growth of beneficial bacteria in the gastrointestinal system.*

### **STRENGTHENS THE IMMUNE SYSTEM**

- *In a 1998 report published by the State Scientific and Technological Commission of China, on the average the people in the study who ate wolfberries had a 700 point increase in white blood cell counts, a 10% jump in lymphocyte transformation rates and a 75% leap in immunoglobulin A (IgA).*

### **SUPPORTS HEALTHY LIVER AND KIDNEY FUNCTION**

- *Research studies conducted at Seoul National University in Korea showed that Ningxia wolfberry contains some very unique nutrients which guard the liver against environmental carcinogens and hepatitis virus scarring.*
- *Wolfberry cerebroside provides 78% protection to liver cells against hepatitis-like injury.*
- *Seoul National University biochemist Young-Won Chin isolated another group of liver-protectants and regenerators from the wolfberry: pyrroles.*
- *In 2003 Seoul National University researcher Hong Kim discovered that Zeaxanthin dipalmitate (the eye protecting compound) also defends the liver against oxidative damage.*
- *Kim reversed virtually every sign of liver damage using high doses of Zeaxanthin. Ningxia wolfberries have 27,800 mcg per 100 gm of zeaxanthin. (Egg yolks are the next highest source of zeaxanthin at 1,253 mcg per 100 gm.*

### **REDUCES INFLAMMATION**

- *A 2003 study by the Institute of Pharmacy of the Huazhong University of Science and Technology, found that Ningxia wolfberry polysaccharides increased interleukin-2 expression and lymphocyte proliferation, vital parts of non-inflammatory immunity.*

## **SUPPORTS WEIGHT LOSS AND INCREASED MUSCLE MASS**

- *Ningxia wolfberries jump start the metabolism and increase energy levels due to their high fiber, protein and mineral content.*
- *A 2003 study published in The Lancet linked low glycemic foods to reduced food cravings and hunger.*
- *NingXia Red™ has a glycemic index in 10.7 and Ningxia wolfberries are 29.*
- *The wolfberry's high chromium content helps preserve muscle mass when dieting while still losing fat - 1997 Austrian study.*

## **REPAIRS DNA AND DESTROYS CANCER CELLS**

- *A 1989 study published in the Journal of Traditional Chinese Medicine reported that Ningxia wolfberry extracts inhibited growth of gastric cancer cells by 88.4%,*
- *The same study found the wolfberry extracts stalled growth of human cervical cancer cells by 73.75%.*
- *Other studies showed the Ningxia wolfberry inhibited prostate and liver cancer cell growth and stopped the growth of leukemia cells.*

## **STOPS THE BUILD UP OF RANCID FATS IN YOUR TISSUES THAT CAUSE AGING**

- *Scientists measure this oxidative damage (rancid fat buildup) by checking for levels of malondialdehyde (MDA).*
- *A Kaohsiung Medical University study found that Ningxia wolfberry extract possessed the strongest inhibition of all medicines tested on reducing MDA levels in the livers of rats.*



# ***Research on Pomegranates***

## ***Fights Heart Disease***

- *Researcher Dr. Michael Aviram in Haifa Israel says: “Pomegranate juice consumption for 3 years by patients with carotid artery stenosis reduces common carotid intima-media thickness, blood pressure and LDL oxidation.”*
- *Volunteers who drank 3 oz of pomegranate juice daily for two weeks exhibited a 40% reduction in oxidized cholesterol (rancid fat)*
- *A group of high blood pressure patients was given 50 ml (about 1.5 oz) of pomegranate juice a day for 2 weeks.*
- *The subjects registered a 36% reduction in serum angiotensin converting enzyme activity and a 5% drop in systolic blood pressure. (both proven risk factors for cardiovascular diseases)*

## ***A Powerful Antioxidant to Combat Free Radicals***

- *The Tufts University ORAC scale ranks pomegranates as the fifth highest free-radical fighting food at 105 un TE/g.*

## ***Inhibits the Growth of Candida and Staph Aureus***

- *January 2005 Brazilian Study found pomegranate extract to completely inhibit the growth of Staph Aureus and Staph Enterotoxin.*
- *This means the pomegranate is unique among fruits in its ability to inhibit the growth of harmful yeast, fungi, and bacteria in the intestines.*
- *Candida colonization in the gastrointestinal system has been linked to Crohn’s Disease, headaches, chronic fatigue, heightened incidence of urinary tract infections, sinus infections and athlete’s foot.*
- *Candida overgrowth generates a large number of waste products known as mycotoxins. This fungal excrement can be very damaging to cell membranes and DNA. A large body of data links this mycotoxin to a large variety of cancers.*

## ***REFERENCES***

Young, G., Lawrence, R., Schreuder, M., *Discovery of the Ultimate Superfood*. Essential Science Publishing. Orem, UT. 2005.

[www.ningxiared.com](http://www.ningxiared.com)

DeRuvo, J., Young Living convention notes, July, 2005.

Corrigan, D., Wiscombe, L., *The Ningxia Takeover*. Young Living CD, July 2005.

Young, G., Rodier, H., *The Miracle of Ningxia Red*. Young Living Training CD #72. 2005.

Young Living Publication, “*Ningxia Red Feel the Difference*”. 2005.



# NingXia Red \_Super Food

## Wolfberry Ingredients

**Polysaccharides:** healthy sugars needed for cell membrane function and structure.

**Polyphenols:** they include flavones (like carotenoids,) isoflavones (genistein, dedstein, etc.) catechins (like green tea.) quercetin, proanthocyanidins (like grape seed extract,) galloylated tea, ellagic acid and anthocyanidins.

**Zeaxanthin esters:** antioxidants in wolfberry, other berries and several herbs.

**Betaine:** micronutrient indispensable for liver function, digestion, DNA function. Also very important in B-complex metabolism. Betaine is also found in wheat germ, spinach, beets, shrimp, and pretzels. Also contains: B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, C, E, protein and betacarotene. Plus essential fatty acids.

**Vitamin C:** wolfberry has the highest content of vitamin C of all fruits and vegetables. It contains 148 mg/100mg, according to the USDA, 1999. Other foods, such as parsley, spinach and cruciferous vegetables contain from 133 mg/100mg to 93 mg.

**Calcium:** wolfberry has 110mg/100mg, compared to 107 mg in Taro leaves. Cruciferous vegetables have about 50mg, and cherries 16mg (USDA 1999)

**Beta carotene:** wolfberry has 12,600 IU/100gm, compared to 12,100 in chicken liver, 11,000 in carrots and 2,500 in apricots.

**Fiber:** four ounces of wolfberry contain 215 mg of fiber. Other antioxidants: beta-sitosterol, withanolides, P-coumaric acid, pyrroles, cerbrosides, lutein, cyclic peptides, acclid diterpene glycosides, biotin, B vitamins, trace minerals, amino acids, and lyciumins.

### 17 Trace Elements

Chromium	Molybdenum
Cobalt	Nickel
Copper	Phosphorus
Fluorine	Selenium
Germanium	Silicon
Iodine	Tin
Iron	Vanadium
Lithium	Zinc
Manganese	

### 4 Major Minerals

Calcium  
Magnesium  
Potassium  
Sodium

### 6 Essential Fatty Acids

### 18 Amino Acids

Aspartic Acid	Threonine
Serine	Valine
Glutamic Acid	Methionine
Glycine	Isoleucine
Alanine	Leucine
Cysteine	Phenylalanine
Tyrosine	Lysine
Arginine	Tryptophan
Proline	Histidine

**Ningxia Red** (additional high antioxidant ingredients to enrich its salutary affects and ORAC value)

**Pomegranate** - represents life and regeneration in ancient Greece. In Buddhism, it is one of 3 blessed fruits. The National Institute of Cancer has reported on "the extraordinary medicinal properties of the tree, and idea that dates to Biblical times and which has oddly been overlooked by Western medicine." (J. National Cancer Institute 2003;95:346). Pomegranate has three times the antioxidant activity of green tea, or red wine. It reduces cholesterol by 40%.

**Blueberry** - juice is also rich in proanthocyanidins. Tuft University studies have shown that it protects blood cells against free radical oxidation, and slows brain aging. Studies at Mainz University show that it protects cell DNA.

**Raspberry** - juice has high levels of Ellagic acid, a polyphenol also found in wolfberry. Ellagic acid has become known for its anti-carcinogenic/anti-mutagenic effects. These traits help inhibit the growth of tumors and reduce the incidence of cancer. Ellagic acid is also known for its anti-bacterial and anti-viral properties.

**Lemon and orange essential oils** - like limonene, helps combat cell mutations and increase glutathione levels in the liver. Glutathione is the end-product of all antioxidants.



# 30 Reasons Why You Need a Shot a Day!



## Here's a list of reasons you should drink this Super Berry Juice Daily!

- 1) Historically in China, those individuals that eat the Ningxia Wolfberry enjoy a longer and more productive life, better eyesight, less heart disease and cancer than many of the cultural groups studied!
- 2) One of the "Ancient Chinese Health Secrets!" In fact the Ningxia Wolfberry is the berry of choice for Chinese Olympic Athletes!
- 3) The Ningxia Wolfberry provides ample antioxidants to strengthen the immune system!
- 4) Antioxidants in the juice help fight free radical attacks that occur thousands of times a day to each cell of the human body!
- 5) Highest S-ORAC rating for fighting the most abundant free radical that causes damage to our cells...The Super Oxide free radical!
- 6) Ningxia Wolfberry is powerful in helping the liver function properly! Boosting Glutathione levels! Glutathione is the most important antioxidant and detoxification enzyme in the liver!
- 7) Helps promote good eye sight and eye health! Ningxia Wolfberry is high in antioxidant carotenoids including beta-carotene and zeaxanthin. Beta-carotene is good for the retina. Zeaxanthin is needed for good eye sight. Ningxia wolfberry has the highest amount of zeaxanthin and other carotenoids of any food known!
- 8) The main constituent in the Ningxia Wolfberry according to studies in China is Lycium Barbarum Polysaccharide (LBP). LBP helps to rebuild white blood cell counts! Phagocytes and the activity of Natural Killer cells are increased which can bind to cancer cells.
- 9) Studies have shown ningxia wolfberry led to the regression of cancer in 75% of its patients!
- 10) Other nutrients found in the Ningxia Wolfberry have been shown to help prevent Liver Cancer.
- 11) Other studies show Ningxia Wolfberry useful in the regression of malignant melanoma, Renal cell carcinoma, colorectal cancer, lung cancer and other cancers.
- 12) Also the Ningxia Wolfberry enhances T-cell function!
- 13) Eating Ningxia Wolfberries enhances Super Oxide Dismutase (SOD). SOD's scavenge free radicals that damage the DNA of cells! Ultimately this scavenging increases our ability to live healthier, longer lives.
- 14) Ningxia Wolfberries free radical scavengers help to strengthen and support the cell walls. This supports efficient transport of flavonoid nutrients across the cell membrane or wall.
- 15) Strengthens the brain neuro-transmitters against free radical activity, possibly slowing age related memory loss!

- 16) In many cases eating the berry helps to lower or stabilize blood sugars!
- 17) Minerals and Vitamins in the Ningxia Wolfberry act as enzyme cofactors in the digestive process!
- 18) Has a B vitamin complex essential to the body!
- 19) Anti-fungal properties due to an amino acid called Solavetivone.
- 22) Anti-bacterial properties due to Solavetivone amino acid.
- 21) Anti-viral properties due to Solavetivone amino acid, as well.
- 22) Reduces pain caused by inflammation. The wolfberry contains Beta-Sitosterol, a natural anti-inflammatory!
- 23) Ningxia Wolfberry contains natural Vitamins including multiple B's, C and E!
- 24) Trace minerals including rare Germanium contained vary rarely in food today!
- 25) 6 Essential Fatty Acids... necessary for optimal health!
- 26) Amino Acids like L-Arginine... necessary for maintaining, building and repairing our cells!
- 27) High Acid binding ability...to gobble acid in the body that creates inflammation and stress in our system, slowing down the process of aging, illness and disease.
- 28) The micronutrients found in the berry counteract mutations leading to cancer!
- 29) Eating Ningxia Wolfberries have been shown in research studies to decrease the amount of oxidation to cholesterol (fat) which leads to a process that creates plaque in the arteries! Oxidized cholesterol creates "sticky foam cells" that build up on artery walls!
- 30) Promotes a sense of well-being!

### Information taken from the Books:

The Ningxia Wolfberry: A Powerful, Natural Ally Against Disease and Aging, by Dr. Hugo Rodier, MD. Discovery of the Ultimate Superfood, by Gary Young ND, Ronald Lawrence MD and Marc Schreuder.

This information is for Educational Purposes only and is not meant to treat or cure any disease. Please seek proper Medical Advice if you are dealing with any Disease or illness.

## NingXia Red

1 liter	Code: 3003
2 pk	Code: 3024
4 pk	Code: 3043
Sampler 100 pk	Code: 3169
Starter Kit	Code: 3180

