

# Share Scents News

## *A Common-Sense Approach to Supplements*

When I think of supplements, sometimes I just get overwhelmed and don't know where to start. Do you ever feel that way? With recent recalls of foods we love, it makes us consider our foods and the source of them. It is great to get foods from all over the world BUT are they safe? It does make me think of alternate ways to support my body.

What comes to mind when you hear the word "supplements"? Have you thought of supplements as "replenishment" for your body? Or supplements just one more thing to work into your life? I've been there. But heading back to the word "replenish" moves my mind to the heart of the matter. Should I and do I share love and gratitude for the body I have? We only have one body and we are charged with caring for it. So replenishing our bodies includes replacing and supporting the vitamins, minerals and natural elements that our bodies need and use each day.

In our online class we talked about the changes in our food supply & all the goodness packed into Young Living's supplements. You can access that class via our online [Share Scents Classroom](#). In this newsletter, we won't be covering all the options available, but will focus on a few that will help give you a balanced approach to your overall wellness journey.

*Enjoy— with love & support, Joyce*



### **See where your body is at, with the Body Systems Assessment Quiz:**

<https://www.onlineassessmenttool.com/body-svstems-assessment-quiz/assessment-65333>

#### Four Essential Supplements:

- ♥ NingXia Red – Super Foods
- ♥ Essentialzymes-4 or Essentialzyme – Unlock Nutrition
- ♥ Life 9 - Healthy “Guts”
- ♥ OmegaGize<sup>3</sup> – Supports your brain, heart, eyes and joint health

#### Other Support Supplements:

- ♥ General Support
- ♥ Trace Minerals
- ♥ Brain and Heart Support
- ♥ Cleansing Support
- ♥ Liver Support
- ♥ Kidney Support
- ♥ Bone, Joint, Muscle Support

# Four Essential Supplements



## NingXia Red

Overall wellness support

NingXia Red benefits include support for whole-body and normal eye health, energy levels, and normal cellular function.

A daily shot of 2–4 ounces helps support overall wellness with powerful antioxidants.

With only 25 calories per serving, this delicious juice is glycemic safe, tasty and ready to drink without any need to mix or blend it; although it is a great addition to a morning smoothie!



## Enzymes

Unlock nutrition



It really does you no good to take supplements if your body is not putting them to good use. That's where enzymes come in. Enzymes are what unlock nutrition and make it available for your body's cells to use. Without enzymes, the most nutritious foods will not be recognized and used by your body.

Young Living offers several options for enzyme supplementation, but these two are the most commonly used for general enzyme support.



## Life 9™

It takes "guts" to be healthy

Life 9™ is a proprietary, high-potency probiotic that combines 17 billion live cultures from nine beneficial bacteria strains. Life 9 promotes healthy digestion, supports gut health, and helps maintain normal intestinal function for overall support of a healthy immune system.

Life 9™ is specially designed with special delayed-release capsules, a dual-sorbent desiccant, and a special bottle and cap that ensure your Life 9 stays fresh and effective. Each bottle contains 30 capsules, making it easy to use this helpful supplement daily.



## OmegaGize<sup>3</sup>

Support for brain, heart, eye, joints

OmegaGize<sup>3</sup>™ combines the power of three core daily supplements: omega 3 fatty acids, vitamin D-3, and CoQ10 (*ubiquinone*).

These supplements combine with our proprietary enhancement essential oil blend to create an omega-3, DHA-rich fish oil supplement that may support general wellness.

Used daily, these ingredients work synergistically to support normal brain, heart, eye and joint health.



*These statements have not been evaluated by the FDA. This information is for educational purposes and not intended to diagnose, treat, cure or prevent any disease.*

# Essential Body System Support

## General Support

**Master Formula** is a full spectrum, multi-nutrient complex, providing premium vitamins, minerals and food-based nutriment to support general health and well-being. By utilizing a Synergistic Suspension Isolation process – SSI Technology – ingredients are delivered in three distinct delivery forms. Collectively, these ingredients provide a premium, synergistic complex to support your body.

**MultiGreens™** is a nutritious chlorophyll formula designed to boost vitality by working with the glandular, nervous and circulatory systems. It contains Spirulina, Barley Grass Juice, Alfalfa, Pacific Kelp (AKA brown algae), and essential oils of rosemary, Melissa, lemon and lemongrass. MultiGreens™ also supports healthy digestion and is best taken with meals.



## Brain & Heart Support



**MindWise™** combines exotic sacha inchi nut oil with a proprietary memory function blend made with bioidentical CoQ10, ALCAR, and GPC—ingredients that have been studied for their unique benefits. With generous amounts of vitamin D3, this premium supplement is equipped to support normal brain function and overall cognitive and cardiovascular health.

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## Trace Minerals

**Mineral Essence™** supports a healthy immune system with a balanced ionic mineral complex enhanced with rejuvenating essential oils.

I know the taste of Mineral Essence is very salty & earthy. That is because it is sourced directly from the ground under the Utah Great Salt Lake. All those parts & pieces are used in balance to give our cells exactly what they need!



## Cleansing Support

**ComforTone™** capsules contain an effective combination of herbs and essential oils that support the health of the digestive system by eliminating residues from the colon and enhancing its natural ability to function optimally. It also promotes liver, gall bladder and stomach health.

**ICP™** helps keep your colon clean with an advanced mix of fibers that scour out residues. A healthy digestive system is important for the proper functioning of all other systems because it absorbs nutrients that are used throughout the body. ICP provides ingredients such as psyllium, oat bran, flax seed and fennel seed to form a combination of soluble and insoluble fibers.





# Targeted Body System Support

## Liver Support

Rich in liver-supporting nutrients, **JuvaPower** is an antioxidant vegetable powder complex and is one of the richest sources of acid-binding foods with intestine-cleansing benefits.



Ingredients include: Rice seed bran, spinach leaf, tomato fruit, beet root, flax seed bran, oat seed bran, broccoli floret/stalk, cucumber fruit, dill seed, barley sprouted seed, ginger root and rhizome, slippery elm bark, L- taurine, psyllium seed husk, anise seed, fennel seed, aloe vera inner leaf extract, peppermint leaf, anise (*Pimpinella anisum*) seed, fennel (*Foeniculum vulgare*) seed.

My favorite way to use JuvaPower is to include it in my morning smoothie, but you should also check the Young Living website for tips on other ways to use JuvaPower.

## Kidney Support

**K & B Tincture** (Kidney and Bladder Supplement) combines natural ingredients as well as several essential oils that are known to be supportive to the urinary system.

- Juniper Berry is a cleanser and supporter.
- Parsley leaf (*Petroselinum crispum*) is known to support kidney and bladder function and may support overall urinary health.
- Uva ursi leaf, (*Arctostaphylosus u.*) Supports healthy urinary and digestive systems.
- Dandelion Root (*Taraxacum officinale*) – Supports healthy kidney and urinary function.
- Royal jelly – Is rich in amino acids, minerals and Vitamins B6 and B5.



## Bone, Joint, & Muscle Support

**Sulfurzyme** supplement was specifically designed to support healthy function of the body. It contains MSM (*methyl-sulfonmethane*) an organic form of naturally occurring sulfur, and Ningxia to support intestinal function and eliminate free radicals.

- MSM is a naturally occurring organic form of dietary sulfur that your body must have to maintain the structure of proteins.
- Ningxia Wolfberry (*Lycium barbarum*) is an amazing super fruit that contains coenzymes and minerals that support sulfur metabolism.



**AgilEase™** is especially beneficial for athletes, as well as middle-aged and elderly people who may experience a natural, acute inflammation response in their joints after exercise. AgilEase™ is a joint health supplement that's perfect for healthy individuals who are looking to gain greater mobility and flexibility through the reduction of inflammation.

Young Living's scientifically-researched, synergistic supplements are infused with essential oils, giving them an extra level of potency to support your overall wellness journey. Discover the difference!

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# Specific System Support

## CIRCULATORY

OmegaGize<sup>3</sup>  
NingXia Red  
MultiGreens  
Longevity Softgels  
Marjoram Vitality  
Frankincense Vitality

## DIGESTIVE

Essentialzymes-4  
Life 9  
ICP  
Comfortone  
Mineral Essence  
DiGize Vitality

## IMMUNE

NingXia Red  
Inner Defense  
ImmuPro  
Master Formula  
Super C  
Thieves Vitality

## RESPIRATORY

Inner Defense  
ImmuPro  
NingXia Red  
Frankincense Vitality  
Lemon Vitality  
Peppermint Vitality

## URINARY

K & B  
NingXia Red  
Alkalime  
Inner Defense  
Lemon Vitality  
Copaiba Vitality

## LYMPHATIC

Multigreens  
Nutmeg Vitality  
Lemon Vitality  
JuvaFlex Vitality  
Lime Vitality  
Grapefruit Vitality

## SKELETAL

AgilEase  
Sulfurzyme  
BLM  
Mineral Essence  
Super Cal Plus  
MegaCal

## MUSCULAR

AminoWise  
Mineral Essence  
NingXia Red  
Marjoram Vitality  
Basil Vitality  
Peppermint Vitality

## NERVOUS

OmegaGize<sup>3</sup>  
Super B  
Sulfurzyme  
PowerGize  
AgilEase  
Peppermint Vitality

## ENDOCRINE

Thyromin  
EndoGize  
Prostate Health  
Endoflex Vitality  
NingXia Red  
Frankincense Vitality

## INTEGUMENTARY

Sulfurzyme  
Essentialzymes-4  
Longevity Softgels  
OmegaGize 3  
Lavender Vitality  
Frankincense Vitality

## REPRODUCTIVE

Master Formula  
FemiGen  
PowerGize  
PD 80/20  
NingXia Red  
SclarEssence Vitality

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## If you are ready to start, here are the steps:

- ♥ Go to [www.ShareScents.com](http://www.ShareScents.com)
- ♥ Choose your Premium Starter kit
- ♥ Choose the supplements you need most to get started.  
Ask me about how you can save even more using the Essential Rewards monthly wellness ordering system.
- ♥ Save 24% on all YL Products with NO Annual membership fee
- ♥ Minimum 50 PV order required per YEAR to remain active

*Join with a  
Premium  
Starter Kit*

*Several Kit Choices Available*



The NingXia Starter Kit  
is a great choice if you want to  
kick-start your wellness journey!

**\$170**

+ Tax & Shipping

## Follow our team:

- ♥ [Share Scents Team Calendar:](http://www.calendarwiz.com/ShareScents)  
[www.calendarwiz.com/ShareScents](http://www.calendarwiz.com/ShareScents)
- ♥ [Share Scents Classroom:](https://www.facebook.com/groups/ShareScentsClassroom)  
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