

Ningxia Red Water Soluble Antioxidant

Introduction

About ten years ago, a laboratory test known as ORAC (Oxygen Radical Absorbance Capacity) was developed by Dr. Guohua Cao at the USDA Human Nutrition Research Center on Aging at Tufts University for the purpose of rating the antioxidant levels of fruits and vegetables. ORAC has become the de facto worldwide standard. Since its introduction in the mid 1990s, ORAC has been used to test the antioxidant activity of a large variety of common foods.



The ORAC test is one of the most sensitive and reliable methods for measuring the ability of antioxidants to absorb free radicals. ORAC measures the degree to which a sample inhibits the action of an oxidizing agent and how long it takes to do so. Then it integrates the two measurements into a single, numerical value. This provides an accurate and reproducible measurement for comparing different types of antioxidants having different strengths.

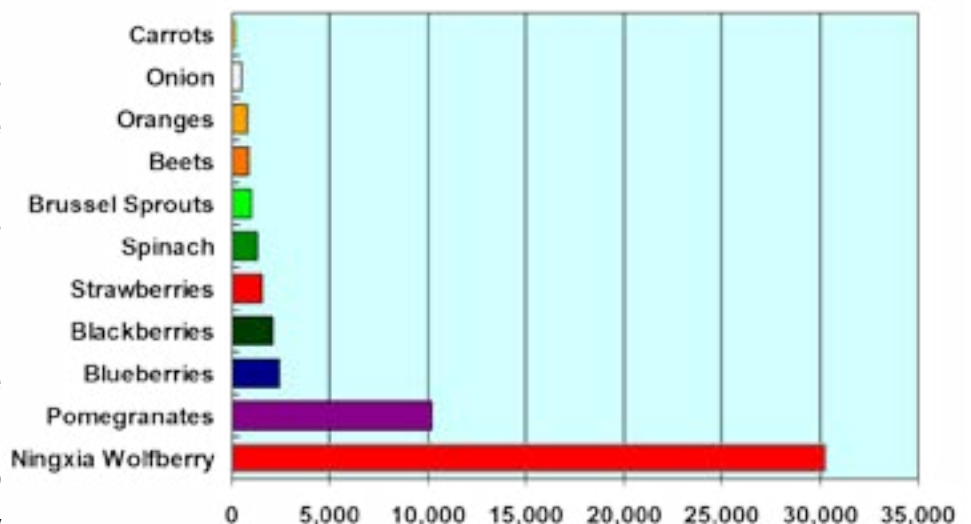
According to the ORAC scale, the Ningxia Wolfberry is the most potent, powerful, natural antioxidant food known to man! This means we now

have an all-natural, super-weapon to add to our antioxidant arsenal. As a result, the dangerous free radicals that cause you to look "old"...that break down and mutate your body's incredibly complex genetic and cellular material...that cause a variety of illness and disease...these can now be more efficiently neutralized and stopped in their tracks!



Powerful Antioxidant

If we just left the matter to the powerful antioxidant capabilities of Ningxia Wolfberries, that would be sufficient justification for consuming them on a daily basis for the rest of our lives. But Biochemists at the Ningxia Institute of Nutrition have analyzed the Ningxia Wolfberry and found that there is much, much more to these tiny, red berries. They discovered that the Wolfberry is a multi-spectrum, therapeutic, super-nutritional storehouse.



- Wolfberries are 15 percent protein by weight.
- Wolfberries contain 18 types of amino acids.
- 21 trace minerals.
- 29 fatty acids.
- Vitamins B1, B2, B6, E, beta carotene and vitamin C.

NingXia Red is a naturally delicious, nutrient-dense wolfberry drink that is high in fibre, protein, and a variety of vitamins and minerals. A powerful antioxidant-rich infusion, NingXia Red may enhance longevity and promote strong immune function and cardiovascular health.

NingXia Red juice is very wholesome antioxidant-rich fruits, including:

BLUEBERRIES



Blueberries containing a vast mixture of vitamins and minerals, including vitamins, A, B complex, C, and E, copper, selenium, zinc, and iron, blueberries have powerful immune-boosting and antibacterial properties. Potent antioxidants, such as anthocyanin, flavanoids, and carotenoids can also be found in blueberries. Studies have shown that the anthocyanins in blueberries support healthy neurological function and aid in normal eye health. A new University of Michigan Cardiovascular Center study suggests that blueberries may help reduce belly fat and risk factors for cardiovascular disease and metabolic syndrome.

PLUM



The plum is related to the peach, cherry, nectarine, apricot and almond, and dried plums are commonly referred to as prunes. The *Prunus domestica*, or European plum is primarily used for making prunes, and the *Prunus salicina*, or Japanese plum is the most commonly eaten fresh plum.

The fruit is also good in health promoting flavonoid poly phenolic antioxidants such as lutein, cryptoxanthin and zeaxanthin in significant amounts. These compounds help act as scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes. Zeaxanthin, an important dietary carotenoid selectively absorbed into the retinal macula lutea where it is thought to provide antioxidant and protective UV light-filtering functions.

POMEGRANATES



One of the oldest known fruits, found in writings and artifacts of many cultures and religions,

the pomegranate (*punica granatum*) is an original native of Persia. This nutrient dense, antioxidant rich fruit has been revered as a symbol of health, fertility and eternal life.

Recent medical research studied heart patients with severe carotid artery blockages. They were given an ounce of pomegranate juice each day for a year. Not only did study participants' blood pressure lower by over 12 percent, but there was a 30 percent reduction in atherosclerotic plaque. Just as astounding, participants who did not take the pomegranate juice saw their atherosclerotic plaque increase by 9 percent.

Pomegranates boast higher antioxidant levels than red wine or green tea. Containing anthocyanins, flavanoids, and carotenoids, pomegranates may help strengthen collagen and absorb dangerous free radicals. Recent research suggests that regular consumption of pomegranates promotes strong cardiovascular health.

CHERRY



Prunus avium, commonly called wild cherry. Scientific studies have shown that anthocyanins in the cherries are found to act like anti-inflammatory agents by blocking the actions of cyclooxygenase-1, and 2 enzymes. Thus, consumption of cherries has potential health effects against chronic painful episodes such as gout arthritis, fibromyalgia (painful muscle condition) and sports injuries. Cherry fruits are very rich in stable anti-oxidant melatonin. Melatonin can cross the blood-brain barrier

easily and produces soothing effects on the brain neurons, calming down nervous system irritability, which helps relieve neurosis, insomnia and headache conditions.

Aronia



Aronia commonly known as black chokeberry is a little known fruit but has a big impact to health benefits. New research shows that *Aronia melanocarpa* has a high concentration of polyphenols and anthocyanins, stimulating circulation, protecting the urinary tract, and strengthening the heart.

Ongoing studies at the University of Illinois also suggest that Aronia may include compounds that fight cancer and cardiac disease.

NINGXIA WOLFBERRIES



Ningxia wolfberry (*Lycium barbarum*) sourced for NingXia Red hail from the Ningxia province in northern China. This superfruit has one of the highest percentages of fibre of any whole food and contains zeaxanthin—a carotenoid important to maintaining healthy vision. It

also contains polysaccharides, amino acids, and symbiotic vitamin-mineral pairs that when present together promote optimum internal absorption. By using whole wolfberry puree—juice, peel, seeds, and fruit—Young Living is able to maintain more of the desired health-supporting benefits in every bottle of NingXia Red*.

Ningxia wolfberries may help to strengthen collagen – a fibrous protein in the body that connects and supports skin, bones, tendons, muscles, cartilage, internal organs, and teeth. Ningxia wolfberries are also packed full of anti-oxidants to help absorb free radicals.

Immune System Support

If all of this wasn't enough, science has shown the Ningxia Wolfberry to have powerful immune-supporting agents, as well. Ningxia Wolfberries have been found to have extremely high levels of immune-stimulating polysaccharides.

A landmark study published in the Journal of the American Nutraceutical Association concluded, "Wolfberry juice and its mixtures were shown to have immunomodulatory effects...by increasing splenic (spleen) microphages and splenic weight." There are a number of studies that correlate increased spleen weight and improved immunological function.

In an animal study done at a hospital in Beijing in 2002, the Wolfberry was found to stimulate interleukin-2 and gamma interferon, two anti-inflammatory substances important in supporting a healthy immune system. In another amazing study, elderly patients were given Wolfberries once a day for three weeks. In 67% of the patients, immune-boosting T-Cells tripled. Plus, their morale and optimism increased, appetite improved and they even slept more soundly.

Another study showed that consumption of Ningxia Wolfberries led to a dramatic increase of immunoglobulin A levels, an important index

of immune function. Because the decline of immunoglobulin A is one of the signs of aging, an increase in these levels suggests that the Wolfberry can help "fix" injured DNA, so it can build healthy new cells and protect against tissue degeneration. As the studies continue, the science is clear this remarkable fruit has an abundance of health benefits!

NingXia Wolfberry, known as the most nutrient-dense food on the planet, is the main ingredient in NingXia Red, anti-oxidant beverage.

Just 30 ml of NingXia Red® has the antioxidant power of...

- 4 pounds of carrots
- 2 quarts of carrot juice 8 oranges
- 1 pint of orange juice
- 2 pounds of beets
- 2 cups of beet juice
- 3 cups of raspberries 2 cups of blueberries
- More beta carotene than carrots More vitamin C than oranges
- 18 Amino Acids
- 21 Trace minerals
- 6 essential fatty acids Vitamin B1, B2, B6 Vitamin E

ESSENTIAL OILS

NingXia Red's essential oil blend is made up of orange, yuzu, lemon, and tangerine. Strategically chosen for their health-supporting benefits and flavour profiles, these oils are 93 percent d-limonene—a powerful antioxidant and marker for bioactivity and contain the flavone tangeritin. Together this blend adds premium, natural flavouring and helps maintain the body's normal cellular function

Testimonies

NingXia Red for increased energy

Author: Neale Byrnes

Posted: Aug 11, 2010

I own and operate a busy dance studio in Sydney, and am constantly on the go - I never have time for a break! With my busy schedule and physically demanding job, I need to be full of energy at all times. NingXia Red has definitely given me the energy I need to get through the day.

The 4 day NingXia Red challenge

Author: Tim Smith

Posted: Feb 21, 2008

I found that when anyone has anything really bad (flu, cough cold, overall run down, virus, just feeling like crap, etc.) that they can benefit from the following. I came up with the 4 Day Ningxia Red challenge. Heres the formula:

- 4 oz of NR in the am (I do 1 oz shot glasses)
- 4 oz of NR in the pm
- Get some decent sleep(8-9 hours at least)
- 4 days in a row.

Note, you will wipe out the bottle in 4 days, but it will be much cheaper than any Dr. bills, medications, etc, AND....you should feel 75-100% better by end of day four.

I've had at least 7 people do this successfully. Give it a shot (no pun intended) :-)

NingXia Red = amazing sustained energy

Author: Nate Stevens

Posted: Oct 25, 2009

Every morning, I prepare a tonic for my son and myself for a stuffy nose or stuffy head, using NingXia Red.

Here's the recipe: 1 oz. NingXia Red, 1 oz. water; 2 drops each of the following: orange, tangerine, lemon, grapefruit, Thieves, peppermint

If we wake up with a stuffy nose or stuffy head, we are cleared up within 5 minutes after this drink.

We can feel the energy, and it lasts throughout the day. The citrus oils are very stimulating and refreshing, and the NingXia Red is a great way to give my son a powerful infusion of nutrients that he does not always get from his diet.

The peppermint really wakes up the senses, helps my son concentrate with his school work, homework, etc.

The Thieves is a powerful immune system activator and booster.

This drink is a variation of a drink called 'Kick In The Pants' that I had at the Young Living Grand Convention in 2009 in Minneapolis at the NingXia Red bar.

Ningxia Red and effects of chemo

Author: Alischia Boyl

Posted: Oct 30, 2010

My mother-in-law was staying with us during her third battle with cancer. She was sentenced to chemo every other monday for 6 months. After just 2 treatments she had already lost feeling in her fingertips and slept for 2 to 3 days after treatment. We were introduced to ningxia red and within 10 days of using it the feeling returned to her fingers and everyday her

energy level became more evident. By around week 6 of using ningxia she was returning to work the same week of her treatment.

By week 9 she moved back home!!everyone is amazed at how great she looks for being on chemo. There is so much more to her amazing story!!God is good

Fibromyalgia and Ningxia Red

Author: Misty Bell

Posted: Jul 30, 2010

I am not sure how I got fibromyalgia, either from a car wreck or the trauma of losing my father, but i have hurt and been exhausted for many many years now.. I signed up with young living oils may 2010 and I signed up under the smartest holistic nurse ever, well she told me to start ningxia red with lavender for my asthma and that this would help with my fibromyalgia also, what my normal routine is, I shop or I clean and then I am down for many days not being able to move, either pain or chronic fatigue, or both.

Well I was on it a few days, felt more energy, but at the 6 week mark I was able to go on a 10 day vacation and come back for a week before I crashed.. but I only crashed for one day.. this juice is amazing!! I take 1 oz ningxia red 3x per day.. and if you suffer from asthma, add a few drops of lavender to a gel capsule, or just add it to your oz of ningxia red.. (i only did the lavender once per day)

Blood pressure of 120/66 after 8 weeks

Author: Tony van Kessel

Posted: Jan 13, 2011

My Mother-in-law had a stroke five years ago and is still on a lot of meds as a result (several

with unpleasant side effects, and some to treat the side-effects of others): Aspirin, Crestor, Diovan, Diltiaz, Eltroxin,

Furosemide and Atenol. Three of these are specifically to control blood pressure, which has been an ongoing problem.

About 8 weeks ago we started her on Ningxia Red and Omega Blue - she was supposed to take them both 3 times daily but most days she only took one of each in the morning.

She just visited her doctor and her BP was 120/66! Needless to say she's absolutely thrilled, and will now be more diligent in her daily dosages.

On her next doctor's visit, if the results are similar, she should be able to have some meds reduced, and eventually eliminate some of them completely (and naturally!).