

CONFUSED ABOUT YOUNG LIVING SUPPLEMENTS?

START HERE!

These four supplements start you on a journey to optimal health. They provide building blocks your body needs to unlock nutrition from food, eliminate toxins, build a strong gut, and fortify with vitamins and minerals.

1. MASTER FORMULA

- a. Take that old multivitamin off the grocery list and add it to your ER order!
- b. Infused with high-quality vegan Vitamin D3, folate directly from lemon peels, and vitamins hard to get from the diet alone (such as Vitamin K2), Master Formula supports health and well-being.
- c. Contains the prebiotic FOS to feed healthy bacteria in the gut.
- d. Blend of herbs and essential oils help to neutralize free radicals.

2. SULFURZYME

- a. Only 2 ingredients, and wow do they pack a punch!
- b. MSM (methylsulfonylmethane) is one of the most important sulfur donors to the body, and sulfur is necessary for proper cell structure, healthy skin and nails, proper insulin function, and it builds one of the body's most important detoxifying compounds (glutathione). And this is just the beginning of all that sulfur does for our bodies.
- c. Wolfberry contains trace minerals and coenzymes that help sulfur to come together in proper structures in the body. Wolfberry and sulfur work hand in hand!

3. ESSENTIALZYME

- a. Essentialzyme is a blend of dietary enzyme that helps to release nutrition from food.
- b. Special from all other dietary enzymes from Young Living because it contains pancreatic lipase, and this can help to break down certain fats.
- c. Also contains hydrochloric acid, so it is perfect 30 minutes before a meal.

4. LIFE 9

- a. Some people think that good health starts in the gut; fortify it with good bacteria that support not only digestion health, but immunity, and gut function.
- b. 17 billion live bacteria from 9 unique bacterial strains ensure that they entire GI tract is colonized with good bacteria—this gives bad bacteria less of a chance to grow.
- c. Be sure to store in the refrigerator once opened, so bacteria can survive longer.