

# CORE SUPPLEMENT PACK

## General Tips as You Begin

- Be sure to introduce yourself and the class, even if you think everyone already knows. How long will the class be and what can the participant expect?
- If the room is small enough, have everyone introduce themselves with their name, where they are from, and a fun fact.
- Be sure to pause and ask for questions regularly throughout the class. If you do not know an answer, say so, and ask if anyone in the audience knows.
- If people are falling asleep, make them stand up and move around. Ask them to teach each other and get them chatting.
- This class can be taught online or in person, and it can be taught as the third part of a 3-month onboarding series where month one is an introduction to the Premium Starter Kit and essential oils, month two is Detox Your Home and month three is this class.
- Feel free to adapt the language to make it sound more like you!

## Essential Rewards Meeting Prep Order

- Master Formula
- Life 9
- Longevity
- OmegaGize<sup>3</sup>
- Or Core Supplement Kit

## Preparations

- Before Meeting Snacks
  - Zyng Punch
    - For each person mix:
      - 1 can of Zyng
      - 1 shot of Nitro
      - 1 drop of Citrus Fresh

## Compliance Tips

- This class is simple to keep compliant as the product claims are easy to understand and easily applicable to many people's health. However, people do sometimes ask questions about diseases directly, and just be sure to redirect these.



## Slide 1

- Thank you so much for coming to learn more about how Young Living products. Tonight, we will be here for about 45 minutes, and we will be reviewing the Core Supplement Pack. Many of you are brand new to Young Living, and the Core Supplement Pack can be a step toward daily wellness.

## Slide 2

- Hi, my name is XXX and I am a XXX leader with Young Living. [Share personal stories: when did you join Young Living? What makes you excited to share Young Living? Do you take the core supplement pack each day, and why? Why should each of these products be used each day?]

## Slide 3

- There are four supplements in the Core Supplement Pack: Master Formula, OmegaGize<sup>3</sup>, Life 9, and Longevity.

## Slide 4

- Master Formula is Young Living's Multiple Vitamin. OmegaGize<sup>3</sup> is three key supplements in one: omega-3 fatty acids, vitamin D<sub>3</sub>, and bio-identical CoQ<sub>10</sub>. Life 9 is 17 billion live cultures from a blend of 9 different bacterial strains. Longevity helps to protect the body with antioxidants, and preserves the vitality of all the ingredients in the other products.

## Slide 5

- Let's start with Master Formula. Master Formula is a multiple vitamin. It includes antioxidants, vitamins, minerals, and other food-based nutriment. The first time that I read the word nutriment, I thought it was a typo. But I learned! A nutriment is any substance or matter that, when taken into a living organism, serves to sustain it in its existence, promoting growth, replacing loss, and providing energy. An alternative definition is anything that provides nourishment. So Master Formula is full of vitamins and minerals from foods that provide nutriment.
- Whenever I am sharing with others about Master Formula, I often encounter questions from others who want to know the difference between multivitamins from the grocery store and what Master Formula provides.
- There are several differences: first, Master Formula contains prebiotics (we'll get to what these are), antioxidants, and all food-based ingredients.

## Slide 6

- Best of all Master Formula is vegetarian friendly, contains no preservative, artificial stimulants or colors, and it is free from bovine and porcine ingredients.



## Slide 7

- There are three key differentiators between Master Formula and what you can find at the grocery store. First, there is a unique preparation unlike anything else on the market. There is also VitaShine Vitamin D<sub>3</sub> and Orgen-Bs B-vitamins.

## Slide 8

- First, let's talk through the unique preparation. This is called synergistic suspension isolation technology. This is a delivery system that combines similar ingredients into capsules and tablets and separates ingredients that may interact with each other in capsule or tablet. To make it easy, the caplets and capsules are combined into one convenient sachet. This is a convenient way to carry the multivitamins with you. So in each Master Formula dose there is a powder capsule, a liquid oil capsule and a pressed caplet.

## Slide 9

- Inside the powder capsule there are all of the B vitamins and mineral chelates (KEY-lates). Chelated minerals may be better absorbed or better assimilated than non-chelated minerals.

## Slide 10

- Inside the liquid capsule are all of the fat-soluble vitamins A, D, E, and K, as well as all of the essential oils infused into Master Formula. Many people ask where they can get turmeric essential oil from Young Living and it is in Master Formula.
- This includes high potency Vitamin K2 that can help support bone health.

## Slide 11

- Next, there is the caplet that contains the Spectra Fruit, Vegetable and Herb blend that contains antioxidants and food-based nutrients. Foods in the blend include broccoli, onion, camu camu, apple, tomato, açai, elderberry, carrot, mangosteen, black currant, raspberry, bilberry, kale, garlic, and a ton more.
- Inside caplet is vitamin C, calcium, potassium, and choline. Choline is found in every cell in your body, and is a critical nutrient for the function of life.
- There is also fructooligosaccharides or FOS. FOS is a pre-biotic: a non-digestible fiber that helps to feed good bacteria (probiotics) in the gut.
- It also contains a wide variety of trace minerals that help to support enzyme processes in the body



## Slide 12

- Some experts suggest that serum levels of Vitamin D are suboptimal in at least 40% of people, possibly up to 70-80% of people with darker skin. The absorption is inhibited by certain medications. Therefore, supplementation is key.
- The Vitamin D in Master Formula is from a company called VitaShine and it is certified vegan, non-GMO, and plant-derived. It is free from sugar, wheat, gluten, and dairy products.

## Slide 13

- When I think about the differences between most of the Vitamin D you can find at the grocery store, there are 2 different kinds of vitamin D: D<sub>2</sub> and D<sub>3</sub>.
- VitaShine in Master Formula is Vitamin D<sub>3</sub>, and this is the preferred form of Vitamin D.
- That is because when compared to Vitamin D<sub>2</sub>, Vitamin D<sub>3</sub> produces a similar rise in active Vitamin D<sub>2</sub> in the blood over the short term. But over time, Vitamin D<sub>3</sub> raises active Vitamin D levels more significantly over time.
- There are two different reasons that this can happen.
- When Vitamin D is in the blood, it is not always in its active form, but instead has to be carried in the blood and then hit a receptor to become activated. Vitamin D<sub>3</sub> is hypothesized to stick to activating enzymes more effectively than Vitamin D<sub>2</sub>. When Vitamin D is not active in the blood, and it is carried in the blood, Vitamin D<sub>3</sub> sticks better to the carrying protein and therefore has a longer life in the blood.
- So, we need to be using Vitamin D<sub>3</sub> instead of Vitamin D<sub>2</sub>!

## Slide 14

- Master Formula also contains Origen-B vitamins. These are an organic blend of guava, holy basil, and lemon extract. And it is combined with co-nutrients that help to support the activity of the B vitamins.
- Provides broad spectrum B-vitamins, including thiamine, niacin, biotin, pyridoxine, riboflavin, folate, pantothenic acid from organic food blend as well as methylcobalamin.
- It is important to supplement with B vitamins because they are easily degraded by light, medication, and alcohol. They are water soluble and quickly excreted from the body, and they are not stored.

## Slide 15

- OmegaGize<sup>3</sup> supports general wellness and offers support for brain, heart, eye, and joint health. Omegagize<sup>3</sup> combines three core supplements into one. It combines omega 3 fatty acids, fat-soluble vitamins, and bioidentical CoQ<sub>10</sub> which are all important supplements to be taking when you are physically active.



- To use OmegaGize<sup>3</sup>, take 4 capsules daily, 2 in the morning and 2 in the evening for daily maintenance. You can increase to 8 capsules if you would like more omega-3s
- The most common side effect of OmegaGize<sup>3</sup> is upset stomach and burping. If this happens to you, take OmegaGize<sup>3</sup> with the largest meal of the day and consider storing in the refrigerator.

## Slide 16

- OmegaGize<sup>3</sup> is three key supplements in one. It contains docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) which support brain, heart, eye and joint function. While I cannot tell you where the omega-3s are sourced from, I can tell you that they are certified ocean friendly and certified sustainable and have levels lower of mercury than the industry standard. Best of all, the company that produces them has specialized in fish oil production for more than 100 years.
- It also contains Vitamins A, D<sub>3</sub>, and E to support eye and brain health.
- Bioidentical CoQ<sub>10</sub> supports the brain and the heart.
- All of this is enhanced with the antioxidant power of clove essential oil. Other essential oils include spearmint and German chamomile.

## Slide 17

- Billions of bacteria live in our guts, and their main purpose is to help breakdown food and release nutrition from foods.
- Supplementation with a probiotic like Life 9 is important because modern diets, illness, hot and cold temperatures, environmental toxins and antibiotics deplete our enzymes making it harder to absorb nutrition from food.
- While the relationship between bacteria and the immune system is not 100% understood, we do know that people with healthy gut bacteria tend to have stronger and more robust immune systems.
- So how does Life 9 support the gut and the immune system?

## Slide 18

- Inside Life 9, there are 17 billion live bacteria from 9 different bacterial strains, including four lactobacillus species, one Streptococcus species, and four Bifidobacterium species.
- The special vacuum packaging and absorbent desiccant of Life 9 helps to protect the bacteria during shipping. However, after you open the bottle, it is very important to store Life 9 in the refrigerator, so it helps the bacteria to live longer.
- Life 9 is formulated with a special delayed release capsule. If you open the capsule and sprinkle onto food, you risk killing the bacteria atop both the food and in the stomach. It is recommended to swallow the capsule to preserve the delayed release action.



## Slide 19

- Longevity is a simple supplement with essential oils in base of fractionated coconut oil. Its primary purpose is to provide antioxidants that prevent the signs of aging, and the deleterious effects of diet and the environment.
- It also protects DHA levels. DHA is a nutrient that supports brain function and cardiovascular health, promotes healthy cell regeneration, and supports liver and immune function.

## Slide 20

- Longevity contains frankincense, orange, thyme, and clove essential oils. Clove is one of the strongest antioxidants on the planet, and it is an excellent way to clean up all the potential risks of the day.

## Slide 21

- Taking the Core Supplement Pack is easy as a set. As I mentioned OmegaGize<sup>3</sup> and Longevity may be a bit tough on the tummy. If you find that it causes stomach upset, take the supplements with food. Master Formula can be taken either in the morning or with the largest meal of the day.
- Life 9 should be taken at night as far away from food and other supplements as possible.

## Slide 22

- Slides for this meeting were provided by Lindsey Elmore and they can be downloaded at [www.lindseyelmore.com](http://www.lindseyelmore.com)

## Slide 23

- Thank you for joining me today for this meeting! My next class is scheduled for XXX on XXX topic, and you are all invited to attend. Simply let me know if you want to attend by. . . .

## Common Questions

- Can Master Formula replace a prenatal?
  - Master formula contains 350 mcg of Folate and the recommended dose for a pregnant woman is 400 mcg, so it is just shy of what is needed for prenatal vitamin. Also contains fennel which some women choose to avoid.
- Can I give Master Formula to my child?
  - Master Formula is labeled for children and adults ages 12 and older. You may prefer to use the chewable MightyVites in children less than 12 years old.
- Why does Master Formula not contain methylfolate?



- When choosing a vitamin B<sub>9</sub> for Master Formula, Young Living had a choice: do we choose a natural, plant derived vitamin B<sub>9</sub> or do we choose a synthetic?
- To get methylfolate, you generally have to start with a synthetic folic acid and then further synthesize to methylfolate. If you are someone who has been told that they must take methylfolate, then that's okay. However, if you would like to have a plant-derived option, then the folate in Master Formula is a great option.
- Can I take Life 9 while I am pregnant?
  - There is nothing in Life 9 that concerns me about taking it during pregnancy, but it is suggested to discuss with a physician in advance.
- Can I give Life 9 to my child?
  - Life 9 is labeled for children and adult ages 12 and older. If you do choose to use the supplement off label, be aware that if you open the capsule that you risk killing the bacteria.
- Why does OmegaGize<sup>3</sup> contain tilapia?
  - Because it is an ocean friendly, sustainable fish with lower amounts of toxins than larger fish.
- OmegaGize<sup>3</sup> makes me sick! What should I do?
  - Take it with food.
- Longevity makes me sick! What should I do?
  - Take it with food.

