

NINGXIA NITRO: MORE THAN JUST ENERGY!

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Young Living Diamond

Young Living's new Ningxia Nitro is being marketed as a great way to boost your brain power and a healthy way to improve energy! I decided to research the active ingredients for myself to see what else this amazing new Young Living product can do for you. (special thanks to those that contributed to my research!) The power of this product to dramatically improve many health challenges is stunning and much beyond energy!

These notes are a compilation of this research so you can see for yourself the science in how Ningxia Nitro could help with the following issues

- healthy sustained energy levels without the jitters of other caffeinated products
- improved mental focus and clarity, improved memory
- supports healthy mood and mental wellbeing, reduces depression
- effective anti inflammatory and pain relief
- balance blood sugars
- increase exercise and sports performance
- improve wound healing, enhance collagen production (which should reduce wrinkles!)
- supports weight loss, reduces fat formation
- cancer preventative
- improves sex drive
- healthy cholesterol (lowers bad and raises good)
- protects eye health (macular degeneration etc)
- improves cardiovascular health

Testimonial: Candice M states: I am unable to use any products with caffeine but can use Nitro with none of the caffeine jitters or other unpleasant effects that I usually experience. Just great energy and mental clarity!

Want to know the science on how all this is possible? Read on

NingXia Nitro comes with 14 single-use tubes. It is designed to be taken directly from the tube or mixed with 2-4 oz. of NingXia Red[®] and/or 4 oz. of water anytime you need a pick-me-up. NingXia Nitro is intended to enhance, not replace, NingXia Red.

Ningxia Nitro contains:

- **Nitro Juice Blend** : contains fruits and extracts with high C3G levels (cyanidin-3-glucoside 3) cherry, black current, blueberry, bilberry, raspberry, strawberry, cranberry, and Kiwi, and acerola
- **Nitro Energy blend** (D Ribose, Green Tea extract, Mulberry leaf extract, Korean Ginseng extract)
- **Nitro Alert oil blend** (vanilla oil, chocolate oil, yerba mate oil, spearmint, peppermint, nutmeg, black pepper, wolfberry seed oil)
- **Natural healthy sweeteners:** Coconut nectar and Stevia sweetener
- **B Vitamins and Choline**

Now for a scientific breakdown of each ingredient...

Nitro Juice Blend : includes cherry, black current, blueberry, bilberry, raspberry, strawberry, cranberry, Kiwi, acerola

C3G: (found in all fruits in blend except kiwi and acerola)

- C3G Protects brain neurons, block fat formation, anti inflammatory, aides glucose uptake and balances blood sugar, supports normal lipid levels (cholesterol), supports eye health, Able to pass blood brain barrier
- C3G blocks gene expression of protein connected to fat creation at a cellular level

CHERRY

- Rich in quercetin and vitamin C, Flavanoids protect stomach
- Inhibits inflammatory enzymes such as COX 1 and 2 - good non steroid muscle pain decrease (45 cherries = ~1 Vioxx without the side effects) = PAIN RELIEF!
- Improve Memory: Anthocyanins in cherries produce powerful effects in the brain, such that they improve circulation of blood and thus increase the ability of neurons to communicate more effectively.
- contain the antioxidant melatonin which is released when we sleep, and helps regulate our circadian rhythms.
- extensively studied and have proven to lower total body weight, reduce belly fat and cholesterol. Potential to limit the uptake of fat into the body and help control blood cholesterol levels
- cherries work so well at reducing headaches and migraines, that they have been found to be just as effective as aspirin and ibuprofen!
- cherries contain perillyl alcohol, a substance that has been shown to inhibit tumor-cell growth.

BLACK CURRENT

- high levels of C3G - dark pigments of fruit decrease blood sugar - activates sugar and uses fat as energy for muscles
- supports weight loss - increases adiponectin and leptin levels (Adiponectin - muscle enhancer, clears fat out of blood; leptin - increases energy utilization)
- decreases joint pain
- decreases muscle fatigue

KIWI

- packed with fiber and lowers blood sugar
- full of Flavanoids and carotenoids
- Increases O2 uptake and VO2 max (Improves exercise performance)
- expands blood volume and increases hematocrit (hematocrit is the proportion, by volume, of the blood that consists of red blood cells. A low hematocrit is referred to as being anemic)

ACEROLA

- The vitamin C produced by the fruit is better absorbed by humans than synthetic ascorbic acid.
- stimulates collagen and wound healing (reduces wrinkles, improves flexibility etc)
- used to improve athletic performance

Testimonial

Carla Green: I am generally a high energy happy upbeat person anyway, but since starting Ningxia Nitro daily, I have found that I am more focused (getting tasks done quickly rather than getting distracted easily) and have been "bubbly happy" rather than just in a good mood. It is a noticeable and much appreciated change. The PREVENTATIVE aspects of the this product also give me more peace of mind for my future health!

NITRO ALERT BLEND: vanilla oil, chocolate oil, yerba mate oil, spearmint, peppermint, nutmeg, black pepper, wolfberry seed oil

WOLFBERRY SEED OIL - supports mental wellbeing

VANILLA

- decreases appetite
- protects brain
- strong antioxidant and anti inflammatory
- inhibits cancer growth
- Aphrodesiac: stimulates certain hormones to bring about normal sexual behavior and promotes arousal
- Antidepressant

- promotes relaxation, reduces blood pressure
- regulates menstrual cycle

CHOCOLATE ESSENTIAL OIL

- caffeine and theobromine, low levels
- decreases appetite
- increases energy
- decreases depression
- increases sex drive

Vanilla and Chocolate affect neurotransmitters that stimulate happiness and a positive mood

Spearmint oil: Increases metabolism, anti inflammatory, digestive aid, supports glands, improves energy

Nutmeg oil: Anti inflammatory, supports adrenal glands, energizing, liver protectant

Peppermint oil: Anti inflammatory, energizing, improves digestion

Black Pepper oil: Stimulates metabolism, reduces fatigue, analgesic, energizing

YERBA - traditionally used as a tea in S America

- Young Living first to produce as an Essential oil
- contains caffeine
- normalizes cholesterol levels (decreases LDL (Bad) cholesterol increases HDL (good) cholesterol)
- decreases lipogenesis (fat formation)..may modulate genes that create fat formation
- inhibits weight gain, reduces creation of fat in tissues, appetite suppressant
- athletes in South America use it, decreases lactic acid buildup
- strengthen immune system
- Detoxify the body
- relieves allergies
- Reduces risk of heart attack and stroke, increases supply of nutrients and oxygen to heart.
- Increases mental energy and focus
- Improves mood

Testimonial:

Angela Anderson I was super impressed with it on Saturday. I got home late Friday night, stayed up even later answering emails and returning messages and then was up with my 3 year old at 5am Saturday morning, so maybe 4 hours sleep max. I had a Nitro shot before the event started and was still going strong when I got home at 830pm. I felt alert and "on top of it" without any of the jitters or slumps that come with coffee. Plus, I still slept like a log Saturday night.

NITRO ENERGY BLEND: (D Ribose, Green Tea extract, Mulberry leaf extract, Korean Ginseng extract)

KOREAN GINSING

- increase adiponectin: a protein involved in regulating glucose levels as well as fatty acid breakdown.

modulates glucose uptake and involved in lipid metabolism: increase rate of breakdown of fat, enhances muscles use of carbohydrates for energy, reduces insulin resistance,

- boost metabolism and aides weight loss, may curb appetite
- increase stamina and energy
- increase muscle function
- increase sex drive

D-RIBOSE SUGAR

- Young Living uses same form used by Olympic athletes
- lowers blood glucose
- Increases the rate of ATP and energy recovery after strenuous exercise, stress, and overwork: improves athletic performance
- Shortens the time needed by heart and muscle tissue to replace energy that is lost through stress, exercise, and overwork
- Helps the heart and muscles maximize energy recovery
- Increases stamina and endurance, and reduces fatigue, increases cellular energy
- counters jitteriness of caffeine

INTERESTING NOTE:

Those who regularly use commercial energy drinks become desensitized to the effect of caffeine, but with Ningxia Nitro, they feel improvement. This is likely due to the D Ribose in Nitro

GREEN TEA

modulates adiponectin and leptin

weight loss

decrease cancer growth

enhances brain and muscle function

4 cups green tea boost exercise performance by 20%

MULBERRY LEAF

increase adiponectin levels

Decrease appetite and fat storage

B VITAMINS AND CHOLINE BITRARLITE

increase energy

supports blood cells

increase O₂

Vit B12: important for creation and maintenance of myelin sheaths on nerves (important for cognitive function) Myelin sheaths are like insulation on wiring, if poor insulation, wiring shorts out!

Vit B3 Niacinamide: enhances mood

Choline: precursor to ACTH (**Adrenocorticotrophic hormone**) which is important for memory and neurotransmission

Choline serves various functions in our bodies – in the structure of cell membranes, protecting our livers from accumulating fat, as the precursor molecule for the neurotransmitter acetylcholine, and more.

May help prevent memory loss associated with aging

Choline has been shown to protect the liver from certain types of damage, and can help reverse damage that has already occurred. Additionally, it may help lower cholesterol and homocysteine levels associated with cardiovascular disease, and may also help protect against some types of cancers.

POTASSIUM IODINE

Used to create T₃ & T₄, protects thyroid function

CAFFEINE

~ 40mg of naturally occurring caffeine per Nitro tube (1 oz)

Source: green tea and the chocolate essential oil.

L-theanine in Nitro improves the cognitive influence of the caffeine but also tempers its effect.

D Ribose reducing caffeine side effects such as jitters

Comparison

8 oz black tea ~42 mg caffeine

8 oz green tea ~ 25 mg caffeine

8 oz brewed coffee ~108 mg caffeine

8 oz drip coffee ~ 145 mg caffeine

8 oz commercial energy drink ~80 mg caffeine

8 oz cola soda pop ~ 30 mg caffeine

NATURAL SWEETENERS

COCONUT NECTAR

It's a very low glycemic liquid sweetener derived from the liquid sap of the coconut blossoms, and it naturally contains vitamins, minerals, amino acids and other nutrients (including vitamin C). The natural fructose content of this coconut nectar is so amazingly low that it becomes an instant no-brainer replacement for agave nectar.

Stevia

Natural sweetener with 0 glycemic index. Has been used since 1970 as natural sweetener in Japan

***Important**, the information provided is for educational purposes only. It is not provided to diagnose, prescribe or treat any condition of the body. The information provided should not be used as a substitute for medical counselling with a health care professional. If you have any concerns regarding this information, please consult your health care professional.*

***ABOUT THE AUTHOR:** Carla Green is a Physical Therapist and Registered Acupuncturist who specializes in helping people enhance their health and wellness as well as reverse the signs of aging. She has integrated Young Living products into her practice since 2000. Carla and her husband Bill developed the highly successful Second Chance Facial Rejuvenation® protocol. Carla has been in clinical practice for since 1981*