

JUNE 2026 | MEN'S EDITION

OilR

YOUR ESSENTIAL OIL LIFESTYLE MAGAZINE

The Nervous System

Burnout NOBODY TALKS ABOUT

IN LAW ENFORCEMENT

Why the pressure doesn't just stay at work—and how to reset for good.



SLEEP BETTER.

THINK CLEARER.

STAY CALMER.

SHOW UP STRONGER.

The "I'm Fine" Epidemic

Strong Outside.
Running on Empty Inside.

The Products *Husbands* End Up Stealing



← *ShuTran*[®]

*Fresh, woody,
grounded energy*



wyld
NOTES

BLACK BOOK

OLD-MONEY MYSTERY BOTTLED.

Spiced shadows.
Magnetic intrigue.

Black Book is old-money mystery bottled—think private clubs, unspoken promises, and midnight rendezvous.

Nutmeg and osmanthus wrapped up in warm tonka is a blend that turns curiosity into obsession.

Infused with juniper, lavender, and clary sage from our farms, this fragrance is made to leave them wanting more.



THE ENERGY MEN

KEEP CHASING

Creatine isn't just for muscle.
It's about energy.

For years, creatine was boxed into gym culture. Big tubs. Bigger biceps. Pre-workout hype. But creatine is far more foundational than most men realize. It is an energy system nutrient.

And men today are burning through energy faster than ever.

Poor sleep. Stress. Hard training. Long workdays. Caffeine. Alcohol. Processed food. Chronic dehydration. Constant stimulation. The body pays for all of it energetically.

Creatine helps support the body's ability to **regenerate ATP**, the immediate energy currency used for:



STRENGTH

More power for workouts and daily tasks.



RECOVERY

Helps muscles bounce back so you can keep going.



MUSCLE CONTRACTIONS

Supports stronger, more efficient muscle performance.



BRAIN PERFORMANCE

Supports focus, memory, and mental sharpness.



NERVOUS SYSTEM FUNCTION

Helps keep your body and mind firing on all cylinders.

“

Men are not just low on motivation. Many are running low on usable cellular energy.”

RESEARCH CONSISTENTLY SHOWS CREATINE SUPPORTS:

- INCREASED STRENGTH
- LEAN MUSCLE MASS
- IMPROVED POWER OUTPUT
- BETTER EXERCISE RECOVERY
- ENHANCED TRAINING PERFORMANCE








CREATINE DOES NOT WORK ALONE.

Minerals are required for the body to actually utilize creatine efficiently.

Without minerals, the body struggles to hydrate cells, move nutrients, signal muscle contractions, and produce energy properly.

The brain also requires massive amounts of energy.

Researchers are now studying creatine's potential role in:


-  COGNITIVE PERFORMANCE
-  MEMORY
-  MENTAL FATIGUE
-  REACTION TIME
-  RESILIENCE DURING SLEEP DEPRIVATION

ENERGY IS ELECTRICAL

Energy production inside the body is electrical.

 MUSCLES CONTRACT ELECTRICALLY.

 NERVES FIRE ELECTRICALLY.

 HYDRATION WORKS ELECTRICALLY.

ATP PRODUCTION DEPENDS HEAVILY ON MINERALS.

YOU CANNOT SEPARATE ENERGY FROM MINERALS.

THE 3 YOUNG LIVING® HELPERS



NINGXIA RED®

Daily antioxidant drink that supports energy, vitality, and overall wellness with a powerful wolfberry blend.



MINERAL ESSENCE®

A plant-based mineral supplement that supports ATP production, hydration, and whole-body function.



AMINOWISE®

An amino acid blend that supports muscle recovery, performance, and healthy aging.

CHLORINE EXPOSURE

The body can handle small amounts of chlorine exposure. But for some sensitive kids, repeated swim days can quietly become another nervous system stress load.



Chlorine is a powerful disinfectant that keeps pool water safe by killing bacteria, viruses, and other microorganisms. However, when chlorine reacts with sweat, oils, and organic matter, it creates byproducts that can irritate the lungs, sinuses, and eyes—especially in indoor pools with lower ventilation. This irritation can trigger stress signaling in the body, leading some kids to feel more tired, emotional, or overstimulated after long swim days.



Long hot swim days also increase sweating, dehydration, and electrolyte loss. When minerals like sodium, potassium, magnesium, and trace minerals are not replenished, the body has to work harder to maintain balance.



SWIM HACKS

THAT ACTUALLY HELP

A few simple habits can make a big difference in how your body feels after swim days.



VITAMIN C RINSE

Vitamin C (ascorbic acid) helps neutralize chlorine by removing it from the skin, hair, and eyes to reduce irritation and dryness. It also supports your immune system and helps your body recover faster.

Tip: Use a rinse or serum on wet skin and hair after swimming. This is one of the best ways to support overall recovery.



MINERAL BLEND THROUGH

Long swim days deplete key minerals like sodium, magnesium, and potassium—essential for energy and muscle function. Replenishing them helps reduce fatigue, muscle cramps, and brain fog so your body can bounce back and perform better.*

Tip: Drink water with electrolytes or take a mineral blend.



SUNLIGHT + SUNSCREEN

Sunlight is essential for Vitamin D production in the skin, which supports immunity, mood, and bone health.

The best time for sun is early in the day before peak UV hours.

But sun exposure also comes with a cost—chlorine can make skin more sensitive to UV damage.

Sunscreen is a must to protect your skin barrier, prevent premature aging, and lower the risk of sun damage.

Tip: Apply SPF 30 or higher 15–30 minutes before swimming and reapply every 2 hours or after toweleling off.



LAVENDER LEMONADE

Recipe



Two fresh favorites. One easy way to elevate your everyday moments naturally. Whether you're hosting friends or enjoying a quiet afternoon outdoors, this vibrant recipe brings flavor, balance, and a little inspiration to your table.



INGREDIENTS

- 6 lemons, juiced
- 1 fl. ml. juiced
- ½ cup honey
- 2 drops Lavender Vitality® oil
- Ice water, about 10 cups
- Lavender sprigs (optional)



INSTRUCTIONS

1. Combine lemon juice, lime juice, honey, and Lavender Vitality® oil in a large glass pitcher.
2. Add water to taste.
3. Stir until well mixed.
4. Garnish with lavender sprigs.
5. Serve over ice and enjoy!



TIPS:

Chill for a few hours for the most refreshing flavor!





A Little Garden Moment of Magic

Made with love &
simple ingredients:

- Freshness
- Community Vitality
- Creativity
- A Little Vitality



Assembling fresh
moments, one garden
at a time.



CITRUS GARDEN

Salsa

Garden-inspired salsa features Lemon and Lime Vitality® essential oils. Perfect for gatherings or fresh snack at home, this recipe is simple, wholesome, and full of a citrusy twist you'll love.



INGREDIENTS

- 2 large tomatoes, diced
- 1 cup cucumber, diced
- 1 red bell pepper, diced
- 1 jalapeño pepper, seeded and minced
- ½ cup red onion, finely chopped
- 1 cup fresh cilantro, chopped
- Juice of 1 lime
- Zest of 1 lemon
- 2 drops Lemon Vitality® essential oil
- 2 drops Lime Vitality® essential oil
- Sea salt & pepper, to taste



INSTRUCTIONS

1. In a large bowl, combine tomatoes, cucumber, bell pepper, onion, jalapeño, and cilantro.
2. Add Lime Vitality® and Lemon Vitality® essential oils.
3. Squeeze in lime juice and zest lemon.
4. Stir gently to combine.
5. Salt and pepper to taste.
6. Chill for at least 30 minutes before serving to allow flavors to blend.

Perfect for
sharing (or not!) ♡



THE CAMPING DAD EDIT

Smart camping hacks for better weekends outside.



WALK AFTER DINNER

The easiest camping tradition to start.

- ✔ Supports digestion
- ✔ Better sleep quality
- ✔ Nervous system decompression
- ✔ Family connection



HOW DO YOU ROAST YOUR MARSHMALLOW?

UNDERDONE



Warm outside. Barely melted middle. The "I got impatient" camper.

PERFECTLY TOASTED



Slow rotation over glowing coals. Golden brown shell. Soft, melted center.

ABSOLUTELY INCINERATED



Caught fire immediately. Still eating it anyway.

HOW TO GET THE PERFECT ROAST ☆

- ✔ Wait until flames calm down and you have glowing embers
- ✔ Hold marshmallow slightly to the **SIDE** of heat, not in flames
- ✔ Rotate slowly instead of holding still
- ✔ Lower and slower = creamier inside
- ✔ Thin roasting sticks work better than giant branches
- ✔ Let it cool 5 seconds before biting (unless you enjoy mouth burns)



CAMPFIRE DINNER HACK

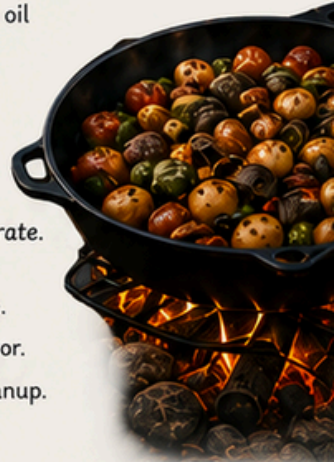
Skip aluminum foil packets.

CAST IRON CAMP SKILLET

- ✔ steak cubes
- ✔ mini potatoes
- ✔ peppers
- ✔ onion
- ✔ avocado oil
- ✔ garlic
- ✔ sea salt

Cook directly over the fire grate.

- ✔ Less waste.
- ✔ Better flavor.
- ✔ Easier cleanup.



CAMPFIRE HACKS DADS LOVE



GLOW STICKS IN WATER BOTTLES

Easy nighttime markers for kids around camp.



FREEZE GALLON JUGS

Keeps coolers colder longer with less mess.



DIRTY SHOE BASKET OUTSIDE TENT

Your future self will thank you.



HEADLAMPS > FLASHLIGHTS

Hands-free always wins.



BUG HACKS AROUND THE FIRE



SMOKE ACTUALLY HELPS.

Mosquitos struggle in smoky air, which is one reason campfires naturally keep bugs down.



BURN ROSEMARY OR SAGE NEAR THE FIRE.

Fresh rosemary sprigs or bundled sage tossed near campfire edges can help create a stronger herbal smoke barrier.



CITRONELLA NEAR SEATING AREAS.

Keep it around camp chairs and picnic tables during dusk.



MOVING AIR MATTERS.

Even small camping fans help keep mosquitos away because they struggle in airflow.



THE WANDERFUL™ DIFFUSER

Cordless. Waterless. Made for camping.



CITRONELLA

Keep outside near camp chairs and picnic tables during buggy evenings.



SLEEPYTIME™

Diffuse inside tents or campers at bedtime for calmer nighttime routines.



ORANGE CREAMSICLE

Makes RVs and enclosed spaces smell fresh, cozy, and nostalgic.

CLEAN BARN.

Happy Horse.

Simple habits for
less flies & healthier
horses.

DIY HORSE FLY SPRAY

WHAT YOU'LL NEED:

- 6 oz Young Living Insect Repellent Lotion
- 3 oz witch hazel
- 3 oz vodka
(or use half witch hazel + half vodka)

THEN ADD:

- Palo Santo
- Tea Tree
- Purification®
- Kunzea

*Optional:
Add oils your
horse responds
well to!*



PRO TIP: Save your "empty" oil bottles and soak them in vodka for 4–8 hours to create an oil-infused vodka base before adding to spray bottles.





WHY FLIES LOVE BARN

Flies are attracted to moisture, manure, sweat, fermenting feed, and standing water.

Warm, wet environments create the perfect breeding ground.



YOUNG LIVING ANIMAL SCENTS LINE

NATURALLY SUPPORT YOUR ANIMALS.
Our Animal Scents line was developed by Young Living and formulated with care by veterinarians to support the daily needs of animals big and small.



VETERINARIAN FORMULATED
Carefully developed with the expertise of veterinarians for quality you can trust.



PLANT-BASED INGREDIENTS
Made with high-quality essential oils and thoughtfully selected ingredients.



GENTLE & EFFECTIVE
Safe for daily use and ideal for a wide variety of animals.

ANIMAL SCENTS SUPPORT:



DOGS
Shampoo, Ointment, Puriclean, Infect Away, T-Away



CATS
Shampoo, Ointment, Puriclean, Infect Away, T-Away



HORSES
Ointment, Puriclean, Infect Away, T-Away



LIVESTOCK
Puriclean, Infect Away, T-Away



SMALL ANIMALS
Ointment, Puriclean

CLEANER STALL TIPS



KEEP BEDDING DRY.
Moisture = odor + flies.
Pick stalls daily.



DUMP STANDING WATER.
Flies breed in still water fast.
Dump & refresh often.



CLEAN TROUGH EDGES.
Scrub weekly to remove slime and buildup.



SEAL FEED TIGHTLY.
Store feed in airtight containers to avoid attracting pests.

OUR ANIMAL SCENTS COLLECTION



Puriclean
Helps clean minor scrapes and scratches



Ointment
Soothes and nourishes skin and coat.



Shampoo
Gentle, plant-based for coat and skin



Infect Away
supports your pet's natural defense system



T-Away
Promotes relaxation and emotional balance

SUMMER MEMORIES



> SCREEN TIME

The backyard moments
your kids will actually
remember.



Dad level:
legendary.



GIANT BUBBLES STATION

WHAT YOU'LL NEED:

- kiddie pool
- giant bubble ropes
- bubble mix

GIANT BUBBLE MIX:

- 3 gallons distilled water
- 3 cups dish soap
- ½ cup glycerin or corn syrup
- 3 tablespoons baking powder

Mix slowly and let sit before using.



Glycerin helps strengthen the bubble walls
so they stretch farther before popping.

★ BACKYARD FIREWORK ★ ★ SLUSHIES ★



RED LAYER

- frozen strawberries
- frozen cherries
- splash coconut water

WHITE LAYER

- coconut cream
- greek yogurt
- ice

BLUE LAYER

- frozen mango
- coconut cream
- tiny pinch blue spirulina



Blend each layer thick like a slushie and swirl together! ❤️

DIY SLIP N SLIDE HACK 🌊



- Use a heavy tarp
- Sprinklers on both sides
- A soft slope works best
- Optional: add a tiny amount of baby soap for extra glide!



FREEZE & PLAY IDEAS ❄️



FREEZE TINY TOYS IN ICE

"Excavation station" for toddlers.



FREEZE JUICE CUBES

Add to lemonade or sparkling water.



FREEZE WASHCLOTHS

Cool-down towels after backyard play.

🌟 GLOW STICK MAGIC 🌟

Toss glow sticks into:

- kiddie pools
- water tables
- bath tubs
- mason jars
- backyard scavenger hunts



YOUR YARD. YOUR SANCTUARY.



NATURAL SOLUTIONS FOR A HEALTHIER YARD, GARDEN & OUTDOOR LIFE

Skip the harsh chemicals.
Use natural solutions to care
for your plants, keep bugs out,
and create a yard that
works with nature.

Gardener's **HAND SCRUB**




This gardener's hand scrub cleans, exfoliates
and moisturizes. And it only takes 3 minutes to make!
It would make a great gift to a fellow gardener in your life!

INGREDIENTS

- 1/2 cup (4oz) liquid castile soap
- 1/4 cup (2oz) fractionated coconut oil
- 1/2 cup (4oz) white sugar
- 1/3 cup (3oz) fine sea salt
- 10 drops Lemongrass essential oil
- 5 drops Lavender essential oil
- 5 drops Lemon essential oil
- 5 drops Peppermint essential oil

DIRECTIONS

Mix castile soap, coconut oil and essential oils.
Then add in salt and sugar. Mix together.
If you prefer a creamier texture, add additional
coconut oil at this time until you reach your
desired consistency.

 Makes approximately 7 oz at 1% dilution.



THE BEST ESSENTIAL OILS TO REPEL:



MOSQUITOES

Top essential oils that help repel mosquitoes naturally:

-  Clove
-  Peppermint
-  Cinnamon
-  Geranium
-  Citronella
-  Garlic
-  Lemongrass



These oils have been shown to help deter mosquitoes when applied topically (diluted) or diffused outdoors.



TICKS

Top essential oils that help repel ticks naturally:

-  Clove
-  Rosemary
-  Geraniol (from Geranium)
-  Thyme
-  Cinnamon
-  Cedarwood
-  Peppermint



These oils may help deter ticks when applied topically (diluted). Focus on ankles, socks, and outdoor clothing.

PLANT THESE, PROTECT YOUR SPACE

Natural plants that help repel pests and support a balanced yard.



LAVENDER

Repels mosquitoes, flies and moths.



BASIL

Repels mosquitoes and flies.



ROSEMARY

Repels fleas, ticks, mosquitoes and moths.



CITRONELLA

Naturally repels mosquitoes.



MARIGOLDS

Repels mosquitoes, beetles and aphids.



MINT

Repels ants, mosquitoes and mice.



GARLIC

Deters aphids, caterpillars and spider mites.



SAGE

Repels cabbage moths and mosquitoes.



THYME

Repels cabbage worms and whiteflies.



CATNIP

Repels mosquitoes and flies.



GERANIUM

Repels mosquitoes and Japanese beetles.



PEPPERMINT

Repels ants, cockroaches and mice.

THE NERVOUS SYSTEM OF LAW ENFORCEMENT



While both men and women in law enforcement carry enormous nervous system stress daily, this spread is specifically for the man who suffers in silence and struggles to shut it off when the shift ends.



THE NERVOUS SYSTEM IS THE BODY'S COMMAND CENTER.

- ✓ It controls survival responses, heart rate, muscle tension, reaction time, sleep patterns, hormone signaling, digestion, and emotional regulation.
- ✓ And few professions push that system harder than law enforcement.
- ✓ An officer may go from sitting in silence writing reports... to sprinting after someone moments later.
- ✓ From routine traffic stops... to high adrenaline uncertainty.
- ✓ From hyper-alertness... to trying to sit at the dinner table like nothing happened.

The body does not simply "turn that off."

Every call, every radio tone, every confrontation, every unpredictable interaction creates a physiological stress response inside the body.



ADRENALINE RISES.

- ✓ Cortisol spikes.
- ✓ Heart rate increases.
- ✓ Muscles tense.
- ✓ Breathing changes.
- ✓ The nervous system shifts into survival mode.

That response is protective in the moment.

But over time, living in that state daily can leave many officers feeling emotionally flat, overstimulated, exhausted but unable to sleep, disconnected at home, mentally wired at night, and constantly "on" even during off hours.



THE STRONGEST MEN ARE NOT IMMUNE TO STRESS. THEY ARE OFTEN THE ONES WHO CARRY IT THE LONGEST.



THE HARDEST PART ISN'T ALWAYS THE SHIFT.

- ✓ For many officers, the hardest transition happens **after work**.
- ✓ The nervous system becomes conditioned to **vigilance**.
- ✓ Even when home is finally quiet, the body may still behave as if it needs to stay alert.



Living in this constant state of high alert takes a toll—physically, mentally, and emotionally.

THE CYCLE BECOMES:



Breaking that cycle begins with understanding how the body responds to stress—and what it needs to recover, reset, and perform again.

UNDERSTANDING STRESS CHEMISTRY



When danger or stress is perceived, the brain activates the sympathetic nervous system.



THE BODY CAN'T PERFORM AT ITS BEST ON AN EMPTY TANK.

Proper nutrition, hydration, minerals, sleep, and recovery are the raw materials needed for a healthy stress response.

NIGHT SHIFT TOOLS THAT HELP



NINGXIA RED®

Provides whole-food antioxidants, naturally occurring nutrients, and supportive minerals that help replenish what stress and long shifts burn through.

Supports energy, hydration, and recovery without overstimulation.



NITRO®

Cognitive performance support with B vitamins, natural caffeine, and wolfberries.

Promotes mental clarity, focus, and sustained energy without the hard crash of high-stimulant energy drinks.

THE SCENT MANY MEN ACTUALLY USE

An easy way to support nighttime recovery is through scent association. The following blend is grounding, woody, and masculine—ideal for helping the body transition out of high alert.



- Valor
- Northern Lights Black Spruce
- Cedarwood
- Lavender



Diffuse, apply topically, or use in a nighttime routine to support a calmer transition into sleep.

★ HOW TO KEEP REACTION TIME QUICK ★



HYDRATE WITH MINERALS

Water alone is not enough. Minerals support nerve conduction, muscle function, and hydration at the cellular level.



EAT TO STABILIZE ENERGY

Balanced meals with protein, healthy fats, and complex carbs help maintain steady blood sugar and reduce cortisol spikes.



REPLENISH KEY MINERALS

Magnesium, potassium, sodium, and trace minerals are critical for muscle function, hydration, and nervous system balance.



SUPPORT B VITAMINS

B vitamins are essential for converting food into cellular energy and supporting cognitive performance under stress.



CONTROL YOUR BREATH

Slow, intentional breathing helps activate the parasympathetic nervous system and improve recovery after high-stress events.



PRIORITIZE DEEP SLEEP

This is when the nervous system rebuilds, hormones regulate, and the body prepares for the next shift.





HEALTHY TWEEN BOYS *DON'T JUST HAPPEN*

SCIENCE. HABITS. NATURAL SUPPORT.
CONFIDENCE FROM THE INSIDE OUT.

Puberty changes everything—hormones, sweat, mood, sleep, skin, and how your body handles stress. Understanding what's happening inside your body is the first step to feeling and performing your best.



IT'S NOT JUST ATTITUDE. IT'S BIOLOGY.

Hormones switch on. Sweat glands activate. Bacteria interact with sweat. Stress changes everything.

The good news? Your daily choices can help you win from the inside out.



THE BOTTOM LINE

Strong habits today build strong boys tomorrow. Support your body. Fuel it right. Rest well. Move daily. Confidence is the result.



SHOES + SPORTS GEAR HACK

PURIFICATION® ESSENTIAL OIL

Gym shoes, sports bags, and sweaty clothing trap bacteria and moisture fast. Purification is a powerful blend with cleansing oils that help freshen and support odor control.

EASY HACKS:

- ✓ Add a few drops to dryer balls
- ✓ Put 1-2 drops on shoe inserts overnight
- ✓ Add several drops to a vinegar rinse cycle for gym clothes
- ✓ Diffuse near mudrooms or sports gear areas



BATHROOM + BEDROOM RESET

LUSCIOUS LEMON® ESSENTIAL OIL

Fresh citrus helps spaces smell clean without synthetic fragrance overload.

Diffuse in bathrooms, bedrooms, laundry rooms, mudrooms, or gaming areas.



CITRUS OILS CONTAIN LIMONENE.

Studies show limonene may support mood, focus, and a cleaner-feeling environment.



SCENTS INTERACT WITH THE LIMBIC SYSTEM—

the part of the brain that regulates emotion, memory, stress, and motivation.

THE FOUNDATION: DAILY BASICS

- Shower regularly
- Wash athletic clothes properly
- Stay hydrated
- Get enough minerals & nutrients
- Sleep well
- Change socks & shoes often

Deodorant isn't usually needed until true sweat odor appears consistently, especially with sports or as puberty progresses.



AFTER PRACTICE RECOVERY

NINGXIA RED®

Hard practices burn through nutrients. Support recovery with:

- ✓ Amino acids
- ✓ Antioxidants
- ✓ Minerals
- ✓ Hydration support
- ✓ Blood sugar stability



NingXia Red provides wolfberry puree, antioxidants, and nutrient-dense ingredients in an easy, delicious option tweens will actually drink.

DIY NATURAL BODY CARE

SAFE. SIMPLE. EFFECTIVE.

TWEEN BODY SPRAY (ODOR + CONFIDENCE)

- 10 oz glass spray bottle
- 1 cup distilled water
- 1 tsp witch hazel
- 8 drops Purification®
- 8 drops Luscious Lemon®

Shake. Spray on clothes, shoes, or body (avoid face).



NATURAL DEODORANT STICK (WHEN NEEDED)

- ¼ cup coconut oil
- ¼ cup baking soda
- ½ cup arrowroot powder
- 15 drops Purification®
- 5 drops Melaleuca Alternifolia®

Melt coconut oil. Stir in ingredients. Pour into container. Let set.



FRESH GYM CLOTHES RINSE

In washing machine

- ✓ ½ cup white vinegar
- ✓ 8 drops Purification®
- ✓ Run extra rinse cycle.

Helps remove odor-causing bacteria + synthetic residue.



STRONG HABITS TODAY. STRONG BOYS TOMORROW.

WHY YOUR DAD BOD ISN'T JUST ABOUT WILLPOWER



For years, men have been told weight loss is simple: eat less, move more, try harder.

But male metabolism is far more hormonal than most men realize.

Long work hours. Poor sleep. High stress. Alcohol. Shift work. Skipped meals. These daily patterns affect the hormones that control how your body **stores fat, builds muscle, and uses energy.**



BALANCE & BURN

A multi-pathway formula designed to support healthy metabolism, gut health, and body composition.*



Supports GLP-1 production in the gut*



Supports efficient fat utilization for energy*



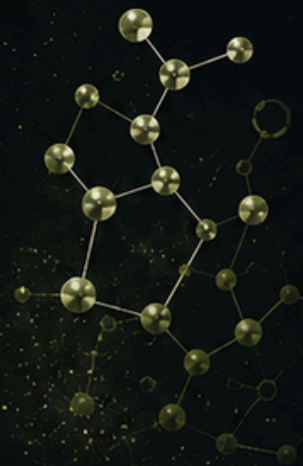
Supports healthy blood sugar metabolism*



Supports a healthy gut and microbiome diversity*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WHY MEN'S HORMONES AFFECT WEIGHT



WEIGHT GAIN IN MEN IS OFTEN MORE HORMONAL THAN PEOPLE REALIZE.



TESTOSTERONE

Healthy testosterone supports:

- muscle mass
- metabolism
- motivation
- recovery
- energy production

Low testosterone may contribute to:

- increased belly fat
- low motivation
- slower metabolism
- poor recovery
- fatigue



CORTISOL + STRESS

Long-term stress raises cortisol levels.

High cortisol may lead to:

- abdominal weight gain
- increased cravings
- poor sleep
- muscle breakdown
- blood sugar instability



INSULIN + BLOOD SUGAR

Frequent blood sugar spikes can increase fat storage and energy crashes.

Balanced meals, protein, minerals, sleep, and movement help support healthy insulin function.



SLEEP + HORMONES

Poor sleep affects:

- testosterone
- hunger hormones
- recovery
- cravings
- metabolism

Men working long shifts, night schedules, or high stress jobs often struggle with hormone recovery.

SUPPORT THE SYSTEM, NOT JUST WILLPOWER



PROTEIN-RICH MEALS



MINERALS + HYDRATION



RESISTANCE TRAINING



STRESS MANAGEMENT



DEEP SLEEP



GUT HEALTH SUPPORT



BLOOD SUGAR BALANCE

When your hormones are balanced, your body works with you.
When they're off, willpower alone won't cut it.

NOW PATENTED



The next generation of
plant-powered wellness.

DeepSpectra® technology unlocks
the full potential of plants, delivering
richer phytonutrient profiles and
enhanced benefits you can feel.*

DeepSpectra® Frankincense2™

Enter a new realm of wellness with DeepSpectra®
Frankincense2™. This unique and brilliant fusion
of Frankincense essential oil and frankincense resin
compounds supports general wellness and a
healthy immune system.*

KEY INGREDIENTS



Frankincense Resin

Supports immune function and
healthy inflammation response*



Frankincense Essential Oil

Supports cellular health and
overall wellness*



Naturally Occurring Boswellic Acids

Powerful antioxidants that
promote healthy cells*



DEEPSPECTRA® TECHNOLOGY

Our patented DeepSpectra® technology
gently extracts more of what matters—
unlocking a richer spectrum of
beneficial compounds found in
frankincense resin and essential oil.

More potency.

More benefits.

More from nature.

THE DEEPSPECTRA® DIFFERENCE



STRONGER TOGETHER

Patented technology
unlocks more of what
nature has to offer.



PROVEN BY SCIENCE

Rigorously tested for
purity, potency, and
performance.



ROOTED IN NATURE

Powerful plant ingredients,
responsibly sourced and
expertly extracted.



MADE FOR YOU

Thoughtful solutions for
wellness, beauty, and
everyday life.

The Products Behind the Patent

OUR UNIQUE DEEPSPECTRA® TECHNOLOGY

These Young Living® products feature our patented DeepSpectra® technology to deliver more of what matters from plants.*



BEAUTY GLOW™

Supports hydrated, calmer-looking skin with full-spectrum CBD and DeepSpectra® technology.*

- Deep hydration support
- Helps soothe dry skin
- Antioxidant-rich botanical support
- Supports a radiant glow



COLLAGEN PEPTIDE SERUM

A next-generation serum powered by vegan collagen peptides, sea fennel extract, and DeepSpectra® boswellic acids.*

- Helps visibly firm skin
- Supports smoother texture
- Natural retinol alternative
- Supports brighter-looking skin



DAILY HORMONE ESSENTIALS™

Hormone-free daily support for mood, sleep, stress, and energy.*

- Supports cortisol balance
- Helps with occasional hot flashes
- Supports restful sleep
- Fast-absorbing gel technology



DEEPSPECTRA® PHYTO NUTRITION

Plant-powered daily cellular wellness support.*

- Supports immune health
- Antioxidant-rich black seed oil
- Supports cellular health
- Daily foundational wellness support



MUSCLE & JOINT ROLL-ON™

Targeted cooling support for tired muscles and joints.*

- Full-spectrum CBD
- Cooling relief support
- Fast-absorbing application
- Enhanced with DeepSpectra® technology



PATENTED TECHNOLOGY

Proprietary extraction designed to unlock more of what matters.



PLANT-BASED WELLNESS

Rooted in nature. Backed by purpose.



SCIENCE-BACKED INGREDIENTS

Rigorously tested for purity, potency, and performance.



MORE POTENCY. MORE NATURE.

A richer spectrum of beneficial compounds from plants.

THE “I’M FINE” DAD

The quiet burnout
most men never
talk about.

You show up. You provide.
You protect. You handle it.
But no one talks about the
pressure men carry in silence.

Stress doesn’t just stay
in your head—it shows up
in your body, your sleep,
your patience, your energy,
and your joy.

You can love your family
deeply and still feel
completely depleted.



SHUTRAN™

An empowering premium essential oil blend
specially formulated for men to boost
feelings of masculinity and confidence.

A natural cologne that appeals
to both men and women.



REAL SUPPORT. REAL LIFE.



Simple, high-quality products that help modern dads recover, focus, stay resilient, and feel their best—every single day.



MASTER CELLULAR NUTRITION™

Foundational support for modern dads.

Advanced phytonutrients, antioxidants, methylated b-vitamins, minerals, and CoQ10+packed technology to target 8 critical dad needs for higher cellular energy, recovery, immune health, stress balance, and healthy aging.*



PROSTATE HEALTH™

Long-term support for men's wellness.

Features saw palmetto, pumpkin seed oil, and a proprietary essential oil blend formulated to support healthy prostate function, urinary wellness, and overall men's health.*



NINCIYA RED®

Renewed support that goes beyond energy drinks.

Packed with adaptogens, pure antioxidant, amino acids, and essential oils to help support energy, recovery, immune health, and everyday resilience without the crash.*

OILS MEN ACTUALLY USE



PINE

Fresh and grounding for mental and emotional reset.



CEDARWOOD

Warm, steady, and rooted—perfect for focus and calm.



VALOR®

A favorite for men—supports courage, calm, and everyday confidence.



RUTAVALA™ ROLL-ON

A powerful blend for deep sleep.



PURIFICATION®

Essential oil blend formulated for diffusing to neutralize and cleanse your home and work environment.



MISTER™

Essential oil blend. Use Mister in conjunction with Prostate Health™.

Strong dads don't just need motivation.

They need support for the many seasons: recovery, stress, sleep, and the invisible stress load modern men carry every day.



O' CELL YEAH

Master Cellular Nutrition

Master Cellular Nutrition was created to support cellular health, energy, recovery and whole-body vitality through advanced antioxidants, essential micronutrients and complete bone support.



CELLULAR SUPPORT*

Nourish and protect at the cellular level.*



ENERGY & RECOVERY*

Support natural energy production and recovery.*



ANTIOXIDANT PROTECTION*

Help defend cells from oxidative stress.*



WELLNESS STARTS SMALLER THAN YOU THINK.

IT STARTS AT THE CELLULAR LEVEL.*



WHAT'S INSIDE. HOW IT HELPS.



POWERFUL INGREDIENTS. REAL SUPPORT FOR REAL LIFE.

1

CELLULAR SUPPORT FORMULA

POWERFUL PLANT-BASED ANTIOXIDANT BLEND

- Quercefit® Quercetin phytosome complex
- TurmiPure Gold® turmeric extract matrix
- Trans-Resveratrol
- Grape Seed Extract
- Fisetin
- EGCG Green Tea Extract (decaffeinated)
- Blueberry Extract
- DeepSpectra Frankincense2
- Thyme leaf oil
- Bamboo extract

HOW IT HELPS

- Protects your cells from everyday stress and supports healthy aging.
- Supports natural energy and stamina.
- Helps your immune system stay strong.
- Promotes faster recovery so you can feel your best every day.

2

MICRONIZED MULTINUTRIENT FORMULA

ESSENTIAL VITAMINS & MINERALS FOR DAILY FOUNDATIONS

- Full spectrum B Vitamins (B1, B2, B3, B5, B6, B12)
- Methyl Folate (5-MTHF)
- Vitamin C (Acerola Cherry & Calcium Ascorbate)
- Vitamin E (Mixed Tocopherols)
- Biotin
- Selenium (L-Selenomethionine)
- Iron (Ferrous Gluconate)
- Zinc • Copper • Chromium
- Iodine • Molybdenum
- And more essential trace minerals

HOW IT HELPS

- Turns food into energy so you stay active and focused.
- Supports your immune system and helps you fight off illness.
- Supports brain function, mood, and mental clarity.
- Helps your body detox and keeps your metabolism running smoothly.

3

COMPLETE BONE SUPPORT FORMULA

ADVANCED MINERAL SUPPORT FOR STRONG BONES & BEYOND

- Calcium (carbonate & citrate)
- Vitamin D3
- Magnesium (bisglycinate, glycinate, malate & taurate)
- Zinc (gluconate)
- Vitamin K2 (Menaquinone 7)
- Boron (Calcium fructoborate – Fruite XB®)
- Manganese (bisglycinate)
- And more

HOW IT HELPS

- Builds and maintains strong bones and teeth.
- Supports muscle function and physical performance.
- Helps your body absorb calcium for better bone support.
- Supports overall strength and long-term wellness.



DEEPSPECTRA FRANKINCENSE 2

A proprietary fusion of frankincense essential oil and frankincense resin compounds designed to support wellness and healthy immune function.



YOUNG LIVING

NINGXIA
NITRO

勁

supports cognitive fitness•
MINERAL AND VITAMIN DIETARY SUPPLEMENT

14 0.68 FL. OZ. (20 ML) SATCHETS | 9.52 FL. OZ. (280 ML)

YOUNG LIVING
ESSENTIAL OILS

**NINGXIA
RED**

30 x 2 fl. oz. (60 mL) Sachets

YOUNG LIVING

NINGXIA

Contains 20% Juice	
Nutrition Facts	
1 sachet (20 mL)	
Serving size	
Amount per serving	
Calories	
Total Fat	0 g
Sodium	0 mg
Total Cholesterol	0 mg
Total Carbohydrate	0 g
Total Sugars	0 g
Total Protein	0 g

Contains 20% Juice	
Nutrition Facts	
1 sachet (20 mL)	
Serving size	
Amount per serving	
Calories	
Total Fat	0 g
Sodium	0 mg
Total Cholesterol	0 mg
Total Carbohydrate	0 g
Total Sugars	0 g
Total Protein	0 g

YOUNG LIVING
ESSENTIAL OILS

ZYNG

Sparkling Wolfberry Lime and Black Pepper Beverage