

The Young Living Supplement Guide and Schedule as of December 2017 ~ Compiled by Rosy Garcia Crescitell and Jen O'Sullivan

	Indications	Only Oils	Take Anytime	With Food	Before Breakfast	Breakfast	In Between	Lunch	In Between	Dinner	Bedtime	Instructions	Safety Information	Allergy Info	Additional Information
Agilease	Joint health supplement for greater mobility and flexibility through the reduction of inflammation.*		*									Take 2 capsules daily for joint support.			
Alkaline	An alkaline mineral complex used to neutralize acidity and maintain desirable pH levels in the body.*				*		*		*		*	Add one level teaspoon or packet into 4-6 ounces of distilled water, mix thoroughly, and drink immediately. Mix only with water.			Take 1-3 times daily, one hour before meals or retiring to bed as an aid in alkalizing.
Allerzyme	Allerzyme™ is a vegetarian enzyme complex that promotes digestion.*				*		*		*			Take 1 capsule three times daily just prior to all meals or as needed.	Not for children under 12	CONTAINS GLUTEN & DAIRY NOT VEGAN	May contain gluten in the form of Barley Sprout Powder
AminoWise	Aids muscle building and repair, helps reduce muscle fatigue, and replenishes important minerals lost during exercise.*		*									Mix 1 scoop with 8 fluid oz. water and consume during or after exercise.			
Balance Complete	A super-food-based meal replacement that is both a powerful nutritive energizer and a cleanser.*		*									Add 2 scoops to 8 oz. cold water, or other liquid. For weight management replace 2 daily meals with Balance Complete.		CONTAINS GLUTEN & DAIRY	May contain gluten in the form of Barley Grass Juice
BLM	BLM™ supports normal bone and joint health.*			*		*		*		*		If you weigh less than 120 lbs take 1 capsule 3 times a day. If you weigh between 120-200 lbs take one capsule 4 times a day. If you weigh more than 200 lbs take one capsule 5 times a day.		NOT VEGAN	Allow 4-8 weeks of daily use before expecting noticeable results.
ComforTone	Support the health of the digestive system by eliminating residues from the colon and enhancing its natural ability to function optimally.*		*		*							Take 1 capsule 3 times daily. Drink at least 64 ounces of distilled water throughout the day for best results.	Contains cascara sagrada bark. Not for children under 12. Not for use if pregnant or nursing.		Not to be used as a weight loss product or long-term.
Cortistop	Helps the body maintain its natural cortisol balance.*				*						*	Take 2 capsules in the morning before breakfast. For extra benefits, take another two capsules before bed. Use daily for 8 weeks. Discontinue use for 2-4 weeks before once more resuming.			Only use if your body is producing too much cortisol.
Detoxyme	Powerful enzymes that completes digestion, helps detoxify, and promotes cleansing.*						*		*		*	Take 2 capsules three times daily between meals or as needed.	Not for children under 12		
EndoGize	Supports a healthy and balanced endocrine system in women.*			*		*				*		Take 1 capsule twice daily. Use for 4 weeks. Discontinue for 2 weeks before resuming.	Do not expose to excessive heat or sunlight. Do not use if pregnant or nursing.		
Digest + Cleanse	Soothes gastrointestinal upset and supports healthy digestion.*	*			*		*		*			Take 1 softgel 1 to 3 times daily with water 30-60 minutes prior to meals.			12 total drops of coconut carrier oil and pure essential oil per serving.
Essentialzyme	Helps to improve overall enzyme activity, and support healthy pancreatic function.*				*		*		*			Take one capsule three times daily between meals.	Not for children under 12		
Essentialzymes-4	Aids the critically needed digestion of dietary nutrition commonly found in the modern processed diet.*			*				*		*		Take one set of capsules with your two largest meals of the day.	Not for children under 12	POSSIBLY GLUTEN	Their vendors have been unable to confirm it as 100% gluten free.
Estro	An herbal tincture formulated to support the female glandular system and to foster a normal, healthy attitude during PMS.*			*		*		*		*		Take 3 half droppers (3 ml) two to three times daily in distilled water, or as needed. It may take as long as 4 weeks to reach maximum effectiveness.			Shake well before using. Refrigerate after opening.
FemiGen	Supports the female reproductive system from youth through menopause.*			*		*		*				Take 2 capsules with breakfast and 2 capsules with lunch.			
ICP	Helps keep your colon clean with an advanced mix of fibers that scour out residues.*				*						*	Mix 2 rounded teaspoons with at least 8 oz. of juice or water. If cleansing or eating a high-protein diet, use 3 times daily. If eating a low-protein diet, use once daily. Drink immediately as this product tends to thicken quickly when added to liquid.	Tastes best in carrot juice, apple juice or smoothies. Not recommended with citrus juices. It creates more acid.	CONTAINS GLUTEN	May contain gluten in the form of Oat Bran. Additional Info: ICP absorbs toxins so that it can improve the wave-like movement of the intestinal walls. When things are going well, increase to 3 tsp. three times a day. ICP dilutes better in warm water. Drink immediately as the product tends to thicken. Sprinkle on yogurt, cereal, or other foods. ICP may be added to Power Meal.
ImmuPro	Provides immune system support and adequate sleep to support the body's needs.*										*	Take 1-2 chewable tablets daily as needed, at bedtime. Do not exceed 2 tablets per day.	May cause drowsiness.		
Inner Defense	Reinforces systemic defenses, creates unfriendly terrain for yeasts/fungus, and promotes healthy respiratory function.*	*	*		*							Take one capsule daily in the morning, or take 1 capsule 3-5 times daily when stressed. For best results use Life 9 eight hours later.		NOT VEGAN	13 total drops of coconut carrier oil and pure essential oil per serving.
JuvaPower	Rich in liver-supporting nutrients and has intestinal cleansing benefits.*		*	*		*		*		*		Sprinkle 1 tsp on food or add 4-8 oz. of purified water before drinking. Use 3 times daily for maximum benefits.		CONTAINS GLUTEN	May contain gluten in the form of Barley Sprout Seed
JuvaSpice	A blend of extra fiber and to support proper digestion.*		*	*		*		*		*		Sprinkle 1/3 - 1/2 teaspoon on food or add to 4-8 oz. purified water or rice milk before drinking.		CONTAINS GLUTEN	May contain gluten in the form of Barley Sprout Seed
JuvaTone	Promotes healthy liver function and normal excretion function.*		*		*		*		*		*	Take 2 tablets two times daily. Increase as needed up to 4 tablets four times daily. Best when taken between meals.			
K & B	Nutritionally supports normal kidney and bladder health.*		*									Take 3 half droppers three times daily in distilled water. Shake well before using.			Shake well before using.
KidScents MightyVites	Delivers whole-food multivitamin support to your child's general health and well-being.*				*		*		*			Intended for children 4-12 years old, take 4 chewable tablets daily. Can be taken separately or in a single daily dose.		CONTAINS GLUTEN	May contain gluten in the form of Barley Grass
KidScents MightyZyme	Helps children combat the negative effects of enzyme depletion. Assists in normal digestion.*				*		*		*			Intended for children 6-12 years old, take 1 tablet, three times daily prior to or with meals.			
Life 9	Promotes healthy digestion, supports gut health, and helps maintain normal intestinal function.*										*	Take 1 capsule every night following a meal or as needed.			Take a few hours before or after taking other medications and take at least 2-3 hours before or after antibiotics.
Longevity	Strengthens the body's systems to prevent the damaging effects of aging, diet, and the environment.*	*	*	*		*						Take 1 capsule, once daily with food or as needed.	Do not expose to excessive heat or direct sunlight.	NOT VEGAN	14 total drops of coconut carrier oil and pure essential oil per serving.
Master Formula	A full spectrum, multivitamin complex, providing premium vitamins, minerals, and food-based nutrition to support general health and well-being.*		*	*								Take 1 packet daily with water or with 1-2 oz. of Ningxia Red. Do NOT take on an empty stomach.		NOT VEGAN	
MegaCal	Supports normal bone and vascular health as well as normal nerve function.*		*	*							*	Take 1 tsp. daily mixed in 1 cup of water or juice one hour after meals or before retiring.	Do not feed to dogs.		Do not exceed 3 servings daily.
MindWise	Supports normal brain function and overall cognitive and cardiovascular health.*			*		*				*		Take 1-2 Tablespoons each day for adults or 1-2 teaspoons daily for kids over 6.	Not for children under 4		Shake well before using. Refrigerate after opening.
Mineral Essence	A balanced, full-spectrum ionic mineral complex enhanced with essential oils.		*		*				*			Shake well before using and refrigerate after opening. Take 5 half-droppers (1 ml.) morning and evening or as needed as a mineral supplement. May be added to 4-8 oz. of water or juice.	This product contains royal jelly, which may cause allergic reactions.		Shake well before using. Refrigerate after opening.
MultiGreens	Designed to boost vitality by working with the glandular, nervous, and circulatory systems.*		*	*		*		*				Take 3 capsules two times daily. Best taken 1 hour before meals. For stomach sensitivity, take with meals.	CONTAINS GLUTEN NOT VEGAN		May contain gluten in the form of Barley Grass Concentrate
Ningxia Nitro	Supports alertness, as well as cognitive and physical fitness.*		*									Consume directly from the tube or mix with 1 oz. of Ningxia Red® or 4 oz. of water. Best served chilled. Shake well before use.			
Ningxia Red	Helps support overall wellness with powerful antioxidants.*		*		*				*			Drink 1-2 ounces 2 times daily. Best served chilled. Shake well before use.			Refrigerate after opening and consume within 30 days. Do not drink directly from the bottle.
Ningxia Wolfberries	With polyphenols and polysaccharides, this exotic berry is touted around the world for its taste and nutrients.		*									Use 1 Tbsp. of dried berries as desired.			
OmegaGize ³	Supports normal brain, heart, eye, and joint health.*				*				*			Take 4 liquid ocean capsules daily, 2 in the morning and 2 in the evening for daily maintenance.		NOT VEGAN	Take 8 liquid ocean capsules for greater health benefits. 1
ParaFree	Formulated with an advanced blend of some of the strongest essential oils studied for their cleansing abilities.*	*			*		*		*			Take 3 softgels two times daily or as needed. For best results, take for 21 days and rest for seven days. Cycle may be repeated three times. Take on an empty stomach for maximum results.			
PD 80/20	Supports the endocrine, cardiovascular, & immune systems, mental acuity & memory.*		*									Start with 1 capsule per day, then increase to 2 capsules per day as needed.			t contains pregnenolone and DHEA, two substances produced naturally by the body that decline with age.
Powergize	Supports the endocrine, cardiovascular, & immune systems, mental acuity & memory.*		*									Take 2 capsules daily. Supports a healthy immune system, mental clarity and alertness.			
Prostate Health	Supports the male glandular system and maintains healthy, normal prostate function.*		*									Take 1 liquid capsule two times daily.		NOT VEGAN	
Pure Protein Complete	A comprehensive protein supplement to deliver 25 grams of protein per serving.		*			*		*		*		Add 2 scoops to 8 oz. cold water. May be mixed with rice or other milk.		CONTAINS DAIRY NOT VEGAN	
Rehemogen	Promotes cleansing and building properties and enhances digestion.*		*	*								Take 3 half droppers (3ml) three times daily in distilled water just prior to or with meals containing protein.			Shake well before using. Refrigerate after opening.
SleepEssence	A natural way to enable a full night's rest.*	*									*	Take 1-2 capsules 30-60 minutes before going to bed.			12.8 total drops of coconut carrier oil and pure essential oil per serving with 3.2 mg melatonin.
Slique Bars	Helps manage hunger. A nutritious, stimulant-free snack to help you feel fuller, longer.*		*				*		*			Eat one bar in between meals with 12 oz of water.		NOT VEGAN	
Slique Essence	Helps control hunger.*		*		*		*		*			Add 2-4 drops to your beverage before drinking throughout the day, or inhale the aroma of this blend directly to help reduce feelings of hunger.			
Slique Gum	Helps control food cravings and improve oral health.*		*		*		*		*		*	Chew before or after meals as a snack alternative.			
Slique CitraSlim	Promotes healthy weight management when combined with a balanced diet and regular exercise.*				*		*		*			Consume 2 powder capsules in the morning with 8oz of water. Consume 1 powder and 1 liquid capsule with 8oz of water in the afternoon, BEFORE 3PM.			If you miss taking capsules in the morning you can take all 4 capsules together in the afternoon before 3PM.
Slique Tea	Helps support individual weight goals.*		*			*		*		*		Drink with meals, before or after workouts, or any time.			
Sulfurzyme	Supports the immune system, the liver, circulation, and proper intestinal function and works to scavenge free radicals.*		*				*		*		*	Take 2 capsules two times daily or as needed one hour before or after meals.			
Super B	A comprehensive vitamin complex containing all eight essential, energy-boosting B vitamins		*	*								Take one tablet daily with a meal.			
Super C	Desirable polyphenols, carotenoids, and optimal amounts of vitamin C		*	*	*		*		*			Chewables: Take daily or when additional vitamin C is desired. Tablets: Take 2 daily. For maintenance, take 1 tablet daily. Best if taken before meals.		CONTAINS DAIRY NOT VEGAN	
Super Cal Plus	Supports the structure, integrity, and density of bones and teeth.*		*	*	*							Take 2 capsules daily with food.		NOT VEGAN	
Thyromin	Nutritional support for healthy thyroid function.*										*	Take 1 or 2 capsules daily immediately before going to sleep	Speak to and work with a medical professional if trying to replace thyroid medication.	NOT VEGAN	
	* These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.														All information compiled by Rosy Garcia Crescitell and Jen O'Sullivan Directly from the Young Living website and through product support.