

Inner Boost and Balance™

BOOST YOUR BUSINESS† GUIDE



With inner wellness comes outer beauty.™ Get your skin care, multivitamin, and caffeine-free boost in one delicious blood-orange stick pack!

Inner Boost and Balance™ powder is more than a multi—it's a multitasking expert that helps fill nutrition gaps while supporting healthy skin, cognitive function, cognitive aging, and energy levels.* Made with B vitamins, blood orange extract, and other naturally derived nutrients, it's a simple and delicious way to boost your best self from the inside out. What's more, all that goodness comes in a sustainable, on-the-go pouch.

Item No. 45718 | 30 stick packs

Retail: \$64.47 | Wholesale: \$49.00 | PV: 42

Why you'll love it

- Helps support healthy skin, digestion, energy levels, immune system, nervous system, and cognitive function
- Supports a positive outlook*
- May help reduce oxidative stress*
- Delivers a boost of essential vitamins and minerals, antioxidants, and prebiotic fiber
- Contains only natural sugars
- Comes in a convenient and delicious blood orange stick pack
- Great option for children 6 and above

How to use it

Stir 1 stick pack into 8 ounces of water daily and enjoy.



PRO TIP:
Mix with your
NingXia Red® drink
for an added boost!

†The Brand Partner sales earnings disclosed are potential gross earnings and not net of other business expenses and not necessarily representative of the actual income, if any, that a Brand Partner can or will earn through the Young Living Sales Compensation Plan. A Brand Partner's earnings will depend on individual diligence, work effort, sales skill, and market conditions. Young Living does not guarantee any income or rank success. See the Income Disclosure Statement for detailed earnings information per rank.

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The Power Behind the Powder

Key ingredients



BLOOD ORANGE EXTRACT

Supports skin health and helps counteract age spots*

Obtained from the juice of three pigmented varieties of Sicilian blood oranges—Moro, Tarocco, and Sanguinello—grown exclusively in a particular area surrounding Europe's most active volcano, Mount Etna.

Anthocyanins, flavanone, hydroxycinnamic acids, and ascorbic acid give it antioxidant powers with a natural citrus flavor.

The boosting powers:

- May reduce oxidative stress*
- Help reduce skin sensitivity*
- Support healthy glutathione levels*
- Helps to counteract age spots and supports even skin tone*



NATURAL B COMPLEX

Maintains healthy energy levels and cognitive function*

Derived from dried quinoa sprouts, this vitamin B complex includes thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folate (B9), and cobalamin (B12).

The boosting powers help:

- Support healthy cognitive aging*
- Support a healthy nervous system*
- Contribute to normal physiological function*



PREBIOTIC FIBER

(organic agave inulin and soluble tapioca fiber): Supports healthy digestion*

Agave inulin is extracted from the Agave tequilana plant, which is indigenous to Mexico. It belongs to the family of fibers known as fructans, which have prebiotic benefits.

Soluble tapioca fiber is derived from tapioca starch, which comes from the edible roots of the cassava plant.

The boosting powers help:

- Support a healthy immune system*
- Support healthy digestion*



MARINE MAGNESIUM

Provides 70+ trace minerals

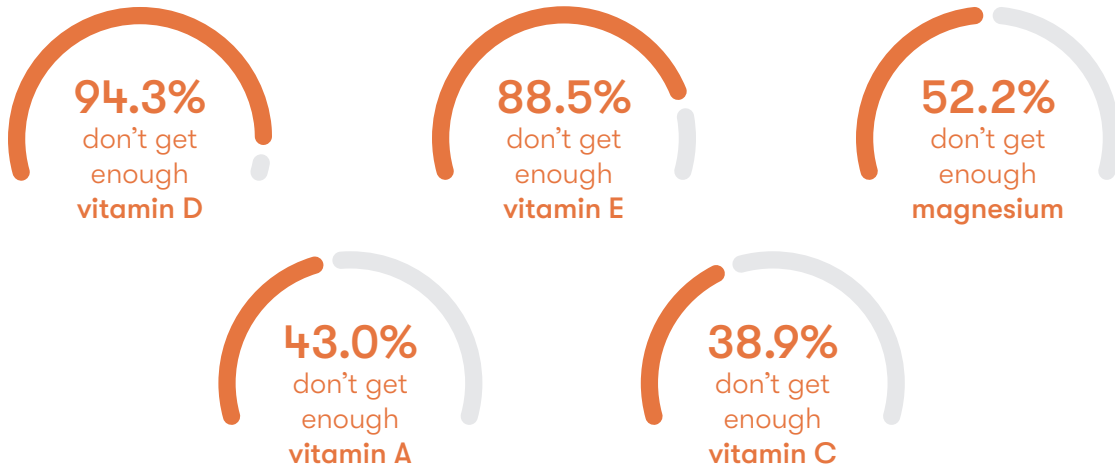
Magnesium is a multitasking nutrient that helps with many processes in the body. Pairing magnesium with fruits, vegetables, and whole grains is a powerful combination.

The magnesium in Inner Boost and Balance is a highly bioavailable source of magnesium, meaning it is more easily absorbed by the body. It is harvested from the clear waters of the Irish Sea and contains more than 70 trace minerals.

Why You Need a Multivitamin Boost

According to the CDC, only 1 in 10 adults meet the daily recommended fruit and veggie intake.*

As a result, many Americans don't get enough essential nutrients from their diet alone. For example:



*The National Institute of Health's NHANES 2007-2010 survey of 16,444 people 4 years and older.

What is the market demand?

- The global vitamin supplements market size was estimated at \$48.51 billion in 2022 and is expected to grow at an average rate of 7.3% per year from 2023 to 2030.
- 42% of U.S. adults prefer food and drink that support both mental and physical health, indicating a shift toward holistic wellness.¹
- 61% of millennials consider managing their mental well-being a high priority.²
- Over 30% of U.S. consumers are interested in digestive health remedies that also strengthen their immune system, increase energy levels, or reduce stress.³
- Hair, skin, and nail health is a \$1.4 billion market and growing.⁴
- Two of the fastest-growing form factors in the wellness industry are drinks and powders.



¹Mintel. *Could Clean Energy Be the Next "Better for You" Trend?* April 2024

²Mintel. *Millennials and Health.* February 2024

³Mintel. *The Future of Vitamins, Minerals, and Supplements.* June 2023

⁴NBJ. July 2023

FAQ

Q. How often should I take Inner Boost and Balance™ stick packs?

A. Take Inner Boost and Balance once daily for the best results.

Q. Is Inner Boost and Balance vegetarian and/or vegan friendly?

A. Inner Boost and Balance is vegetarian friendly.

Q. What is the best liquid to mix with Inner Boost and Balance?

A. Mix it into 8 ounces of water or juice of choice. We recommend mixing it with our NingXia Red® superfruit drink for a simple, delicious wellness mocktail.

Q. When is the best time of day to take Inner Boost and Balance?

A. Take it any time of day—before a workout, during an afternoon slump, or while on the go.

Q. Should I take Inner Boost and Balance with or without food?

A. Inner Boost and Balance is best when consumed after a meal.

Q. Are companion products available?

A. Yes! Ningxia Red drink, Inner Beauty™ Collagen, Daily Prebiotic Fiber™ powder, and NingXia Zyng® beverage are all excellent companion products that complement Inner Boost and Balance.

Q. What are the primary benefits associated with Inner Boost and Balance?

A. Inner Boost and Balance helps fill nutritional gaps, support healthy energy levels, and support a positive outlook while supporting skin health, all in a convenient multivitamin stick pack.*

Q. How many servings are there per package?

A. There are 30 stick packs included in each pouch. Each stick pack is one serving.

Q. How is Inner Boost and Balance different from Master Formula™?

A. Although both products provide multivitamin benefits, Inner Boost and Balance is meant to provide a boost of wellness support rather than a full day's value of vitamins. The best part is you can use them together!

Q. Is the packaging for Inner Boost and Balance sustainable?

A. Inner Boost and Balance comes in pouches made with less plastic than rigid plastic bottles, contributing to our sustainability efforts.

Q. Are there any ingredients containing gluten in Inner Boost and Balance?

A. No gluten-containing ingredients are used in Inner Boost and Balance. This product may be manufactured in a facility that uses gluten in other product formulations. Though other products that contain gluten may be processed in the same facility, please rest assured that according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between productions to prevent contamination. If you have additional concerns about the use of this product, we encourage you to speak to your health care provider.

FAQ

Q. Are corn-derived ingredients present in Inner Boost and Balance? Are they non-GMO?

A. While none of the ingredients in Inner Boost and Balance are specifically corn derived, corn derivatives may be used to process individual ingredients. If you have additional concerns about the use of this product, we encourage you to speak with your health care provider.

Q. Are soy-derived ingredients present in Inner Boost and Balance? Are they GMO?

A. Vitamin E (d-alpha tocopheryl acetate) is derived from GMO-free soy. If you have additional concerns about the use of this product, we encourage you to speak to your health care provider.

Q. Are ingredients derived from palm/coconut present in Inner Boost and Balance?

A. Vitamin A (as beta-carotene) contains medium-chain triglycerides, usually derived from coconut oil. If you have additional concerns about the use of this product, we encourage you to speak to your health care provider.

Q. Are ingredients derived from tree nuts used in Inner Boost and Balance?

A. Other than medium-chain triglycerides, usually derived from coconut oil, no other tree nut-derived ingredients are used in Inner Boost and Balance. This product may be manufactured in a facility that uses tree nuts in other products. Please rest assured that according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between production runs to prevent contamination. If you have additional concerns about the use of this product, we encourage you to speak to your health care provider.

Q. Are ingredients derived from sesame used in Inner Boost and Balance?

A. There are no sesame-derived ingredients used in Inner Boost and Balance. This product may be manufactured in a facility that uses sesame in other products. Please rest assured that according to CGMPs (current good manufacturing practices), the machinery is cleansed and sanitized between production runs to prevent contamination. If you have additional concerns about the use of this product, we encourage you to speak to your health care provider.

Q. What order types can I use to purchase Inner Boost and Balance?

A. You can purchase Inner Boost and Balance by placing a one-time order.

Q. Are there any ordering limitations on Inner Boost and Balance?

A. There are no ordering limitations.

Q. What is the return policy for Inner Boost and Balance?

A. The standard return policy applies to Inner Boost and Balance.

Q. With what is Inner Boost and Balance sweetened?

A. Inner Boost and Balance is sweetened with naturally derived Reb M.

Product Comparisons



	Inner Boost and Balance™ supports	Master Formula™ supports	NingXia Red® supports
Natural delicious flavor	✓		✓
Skin health*	✓	✓	
Digestive health*	✓	✓	✓
Healthy energy levels*	✓	✓	✓
Healthy cognitive function*	✓	✓	
Antioxidant benefits	✓	✓	✓
Immune system health*	✓	✓	✓
Bone density and health*		✓	
Muscle formation*		✓	
Eye health*		✓	✓
Heart health*		✓	
Glutathione levels*	✓		
Nervous system health*	✓		
Essential nutrition	✓	✓	✓
On-the-go nutrition	✓		
Wellness for ages 6+	✓		✓

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Easy to Drink and Easy to Share

Why prospects and Customers will love Inner Boost and Balance™

- **Tasty multitasker for busy lives.** It's your all-in-one power stick for skin care, daily vitamins and minerals, a caffeine-free boost, and cognitive function support.*
- **Easy to incorporate into your daily routine.** Throw a stick pack into your purse, gym bag, or pocket, then pour it into your water bottle and shake to mix. No frother needed!
- **High quality at a great value.** The lower price point makes it an easy entry point for new Customers and an affordable way to level up your vitamin game.

How to share Inner Boost and Balance

1. Experience it yourself.

The best sharing tool is your own experience with Inner Boost and Balance.

2. Find your target audience.

Include new people and current Customers who you think would be interested in Inner Boost and Balance.

- **Beauty and skin care enthusiasts:** Those looking for beauty and skin care solutions may find Inner Boost and Balance appealing for supporting healthy skin from within.*
- **Fitness enthusiasts:** People who hit the gym often take supplements to support their wellness goals and boost their best selves from the inside out.
- **Health-conscious individuals:** Those who prioritize their overall health may care about being healthy on the inside and looking healthy on the outside.
- **Busy professionals:** People with demanding work schedules and hectic lifestyles will appreciate the convenient, on-the-go sticks packs and multitasking wellness benefits of Inner Boost and Balance.
- **Existing Customers:** Those who have purchased Inner Beauty™ Collagen and/or NingXia Red® drinks in the last 12 months may also be interested in Inner Boost and Balance.
- **Individuals with specific dietary needs:** Those following specialized diets often do so to address a specific need. They may have nutrient gaps in their diet that Inner Boost and Balance can help fill.*
- **Multitasking mommas:** Busy moms may be looking for fun, on-the-go nutrition that appeals to the whole family and supports wellness effortlessly.*



3. Share what you love.

Tell others how excited you are about this product, what sets it apart from similar options, and how easy it is to incorporate into your daily routine. You can find images to create your own posts [here](#). Most of what you post should be your own authentic content.

Example social media script:

"I'm always looking for ways to nourish my skin from within. Inner Boost and Balance™ is my go-to for maintaining healthy skin, counteracting hyperpigmentation, and supporting energy, cognitive health, and all-around wellness. This multitasking drink is my skin care, multivitamin, and caffeine-free boost—all in one delicious blood-orange stick pack! It uses ingredients like blood orange extract, marine magnesium, B vitamins, and prebiotic fiber to help power my day and make me feel beautiful inside and out. The best part is it tastes AMAZING, and I can take it on the go! Comment "Boost" for more info.*

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4. Create an experience.

Sharing: Simply sharing a stick pack is the easiest way to create an experience! Give one to your friends, fellow soccer moms, coworkers, family members, or gym buddies.

NingXia Red® Reset: If you've already helped a Customer do a 14-day reset with NingXia Red, then Inner Boost and Balance is a natural next step to keep boosting their results. This is the perfect addition for NingXia Red lovers because the two products pair so well together and bolster the benefits of each, providing even more nutrition, energy support, and wellness support.* Try hosting an Inner Wellness NXR Reset by taking both products during a 14-day challenge.

INNER GLOW GETTER™ MOCKTAIL

- 2 ounces** NingXia Red® beverage
- 8 ounces** water
- 1** Inner Boost and Balance™ **stick pack**
- 1 scoop** Inner Beauty™ Collagen
- Vitality™ oil of choice **to taste**

Serve chilled or over ice.



5. Host an event.

- Invite friends over or host a virtual event to share this amazing product and connect with your community. Watch this video to learn more.
- Prepare simple and easy DIY activities like essential oil room sprays, cleaning sprays, or roll-on perfumes. Remember to have pens and paper handy for taking notes!
- Give your guests a hands-on experience with Inner Boost and Balance. Making mocktails together is a fun way to create an unforgettable experience and turn on-the-fence Customers into loyal fans.

6. Follow up and reach out.

Respond to comments on your social content in direct messages. Use a conversational tone to share info from the Product Information Page, FAQ document, and this guide.

If you have Customers who have expressed an interest in NingXia Red or Inner Beauty Collagen in the past, reach out to them through text, email, or direct message.

Example script:

“Hey, _____, I remember you loved your results with the NingXia Red® Reset and mentioned you were interested in [relevant goal or product benefit]. We just got a brand-new product that supports healthy skin, digestion, energy levels, immune system, nervous system, and cognitive function. It pairs perfectly with NingXia Red! I think you'd love it! Can I send you more info?”*

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Cross-selling opportunities

Share Inner Boost and Balance™ with Customers who use the following products. For new Customers, suggest pairing Inner Boost and Balance with the following products for even more benefits:



NINGXIA RED® BEVERAGE

A sweet and tangy drink made from Ningxia wolfberries, pomegranates, blueberries, and other superfruits. Clinically shown to boost energy levels, improve sleep patterns, and reduce daily stress.*

- Contains a synergistic blend of Orange, Tangerine, Lemon, and Yuzu essential oils
- Contains powerful ingredients that support antioxidant processes*
- Supports whole-body health and wellness*
- Helps prevent oxidative stress*
- Supports normal eye health*
- Supports healthy digestion*



INNER BEAUTY™ COLLAGEN

Supports your natural radiance from the inside out. Formulated with type I marine collagen, peach ceramides, hyaluronic acid, antioxidants, and no added sugars or fillers.

- Contains 5 grams of type I marine collagen per serving
- Reduces the appearance of fine lines and wrinkles in as few as three weeks*
- Supports the dermal layer after UV-induced skin damage*
- Contains prebiotic fiber, which supports healthy skin by balancing the gut microbiome*
- Provides multilayer, synergistic skin support*
- Supports healthy hair and nails*
- Promotes skin elasticity and hydration*

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