



 YOR Health[®]



When YOR Health launched in 2008, we knew we would revolutionize personal health. Our goal was to help people transform their lives by improving their physical health, and to educate people on the importance of quality ingredients. We knew it would take us far, but being at the forefront of a movement is beyond what I imagined.

Live Bare is a philosophy to do everything with pure intentions. This means we must be authentic, everything must be purposeful, and must be of the highest quality.

For our products, it means choosing the cleanest ingredients possible and finding natural solutions to everyday health and household activities. But, it's also about sharing the importance of this with other people.

Coming from an immigrant home, I often reminisce about the natural remedies that took precedence in my upbringing. We knew that the earth always provided what we needed in one form or another.

A shift is happening, and more and more people are returning to a purer state of living. They are looking for answers. They are looking for a truly natural life free of synthetics, chemicals, and other harmful compounds. The Live Bare Movement brings us full circle. It reminds people that product purity is important, and that we must really do what's right in terms of our bodies. It brings us back to the beginning, but in the most advanced way possible.

YOR Health is honored to lead the Live Bare Movement, and to continue pressing into new territory for the sake of purity and superior quality.

Join us in getting clean, nature-based products into every home.

Dennis Wong
Co-Founder, YOR Health

To Live Bare means to embrace a pure way of living by exposing the harm in over-manipulating nature's original design, uncovering the best ingredients nature has to provide, and inspiring future generations to maintain a natural way of life.

The Live Bare Movement is about encouraging others to return to nature, rid themselves of harmful toxins, return to a simpler life, and experience our vision of what true health really is.

For our products, this means choosing the cleanest ingredients possible and finding natural solutions to everyday health and household activities.

Live Better. Live Smarter. Live Bare.

Why YOR Health?

At YOR Health, we believe we have the opportunity and responsibility to use what nature has provided for us, so we have set out to revolutionize personal health.

We believe it's time for society to STOP the over-manipulation of nature and to START embracing its design.

Our passion is to return to the pure power of nature and share it with others. We do this through the Live Bare Movement.

Nature has always provided the answers for good health and natural living—but you just have to know where to look.

- 6 | Bare Oils**
USDA Certified Organic Essential Oils
- 28 | YOR Health**
Maximum Nutrition Delivery
- 50 | Bare Living**
Naturally Luxurious Body Care
- 62 | GREAT·ful**
Plant-Based Products
- 72 | Join the Movement**
What it Means To Live Bare
- 78 | YOR Rewards**
Where Loyalty Gets Rewarded



TABLE OF CONTENTS

All prices in the catalogue are in USD.

All products come with a 30-day, money back guarantee. See your YOR Health Independent Promoter for details.



Organic from Soil-to-Oil

USDA Certified Organic Essential Oils

We provide the purest essential oils found in nature that reflect our uncompromising commitment to purity, so that individuals and families alike can safely experience natural ways to enhance their health, lives, and happiness.



Life Force of Plants

What exactly is an essential oil? Essential oils are the true essence of a plant—a concentration of the life force that has allowed the plant to evolve and survive over the thousands of years that it has been on our planet.

All the protective and healing properties and components are extracted and bottled, so that you may have a concentration of the purest benefits these plants have to offer, and so you and your family can use these properties to live a cleaner, healthier life.



Soil-to-Oil Purest Benefits

Bare Oils is USDA Certified Organic from soil-to-oil. Our organic sourcing allows us to purchase from independent farm owners across the world. It is these small farms that allow us to provide you the purest, highest-quality essential oils available on the market.

After processing and bottling, the resulting oils must pass a 27-point quality checklist to meet the standards of and bear the name 'Bare Oils.' This is evident by our USDA Certified Organic seal on each bottle of oil.

There's an Oil for That!

Essential oils can do some amazing things, all from the power of nature. Whether you need help sleeping, want to relax and soothe that headache, or need help recovering from muscle soreness, we're proud to say, "There's an oil for that!"



Aromatic. Diffuse 2-4 drops Bare Oils per 100 ml of water inside your Bliss Diffuser.



Topical. For sensitive skin and children, moderately dilute with Bare Oils Fractionated Coconut Oil before use on skin.



Avoid direct sunlight and UV rays for at least 12 hours after topical application.



Internal with light dilution. Dilute one drop in 1 ml of Bare Oils Fractionated Coconut Oil.



Internal with medium dilution. Dilute one drop in 4 ml of Bare Oils Fractionated Coconut Oil.



Internal with heavy dilution. Dilute one drop in 6 ml of olive oil or heavy vegetable-based carrier oil.



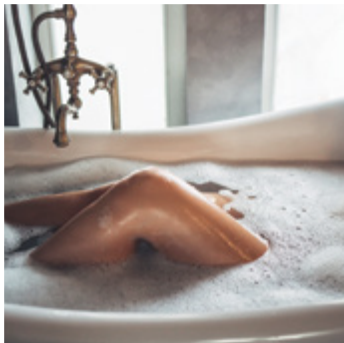
Do not ingest.



DIY Toothpaste

Try one or a combination of:

- + Organic Peppermint
- + Organic Cinnamon Bark
- + Organic Orange



Relaxing Bath

Try one or a combination of:

- + Organic Tea Tree
- + Organic Lavender
- + Organic Rosemary
- + Organic Clove



Diaper Rash

Try one or a combination of:

- + Organic Lavender
 - + Organic Myrtle
- ALWAYS moderately dilute before using on children's skin.



Muscle Soreness

Try one or a combination of:

- + Organic Marjoram
- + Organic Peppermint
- + Organic Basil
- + Organic Cypress
- + Organic Lavender
- + Organic Lemongrass
- + Organic Rosemary
- + Organic Vetiver



Clean Counters

Try one or a combination of:

- + Organic Purify Blend
- + Organic Lavender
- + Organic Eucalyptus
- + Organic Tea Tree
- + Organic Cinnamon Bark
- + Organic Lemon
- + Organic Oregano
- + Organic Basil



Boost *Energy Blend 15 ml*

Organic Rosemary Oil, Organic Lemongrass Oil, Organic Spearmint Oil, Organic Grapefruit Oil, Organic Cypress Oil, Organic Cedar Atlas Oil

Invigorate and Elevate

Easily used as a morning energizer or midday pick-me-up. Boost your day with this powerful blend designed to stimulate an uplifting mood.

Commonly Used to Support:

- + Mental Alertness
- + Energy Levels
- + Stress Reduction



Retail	WHSL	PV
\$49.18	\$36.88	36

Clear Mind *Headache Relief Blend 15 ml*

Organic Peppermint Oil, Organic Lavender Oil, Organic Rosemary Oil

Clear and Calm

A simple remedy from a simple blend. Slow down the world and experience a moment of peace and tranquility with this sweet, warm, and renewing aroma.

Commonly Used to Support:

- + Headache Relief
- + Stress Reduction
- + Muscle Tension Relief



Retail	WHSL	PV
\$37.18	\$27.88	27

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.



Purify *Protective Blend 15 ml*

Organic Lemon Oil, Organic Rosemary Oil, Organic Clove Bud Oil, Organic Orange Oil, Organic Cinnamon Leaf Oil, Organic Eucalyptus Oil, Organic Petitgrain Oil

Cleanse and Protect

Purify the air and clean surface areas with this blend of refreshing and powerful essential oils.

Commonly Used to Support:

- + Immune System
- + Purification & Cleansing of Air
- + Non-Toxic Cleaning



Retail	WHSL	PV
\$42.51	\$31.88	31



Sweet Dreams *Sleep Blend 15 ml*

Organic Lavender Oil, Organic Mandarin Oil, Organic Clary Sage Oil, Organic Cedarwood Atlas Oil, Organic Vetiver Oil, Organic Petitgrain Oil, Organic Roman Chamomile Oil, Organic Galbanum Oil

Relax and Rest

Sleep deeply and dream sweetly with this comforting blend of soothing aroma.

Commonly Used to Support:

- + Good Night's Rest
- + Calming Atmosphere
- + Tension Relief



Retail	WHSL	PV
\$57.18	\$42.88	42

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.






Basil 15 ml

Ocimum basilicum

Commonly Used to Support:

- + Digestion
- + Muscle Soreness
- + Stress Relief

			
Retail	WHSL	PV	
\$26.51	\$19.88	19	

Bergamot 15 ml

Citrus aur. bergamia

Commonly Used to Support:

- + Restoring Balance
- + Soothing and Relaxing
- + Digestive System




				
Retail	WHSL	PV		
\$38.51	\$28.88	28		

Black Pepper 5 ml

Piper nigrum

Commonly Used to Support:

- + Muscle Discomfort
- + Digestive System
- + Soothes Anxious Feelings




			
Retail	WHSL	PV	
\$29.18	\$21.88	21	

Cardamom 5 ml

Elettaria cardamomum

Commonly Used to Support:

- + Digestion
- + Muscle Discomfort
- + Disinfectant & Antiseptic

			
Retail	WHSL	PV	
\$34.51	\$25.88	25	

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.






Cinnamon Bark 5 ml

Cinnamomum zeylanicum

Commonly Used to Support:

- + Immune System
- + Muscle & Joint Pain Relief
- + Culinary Flavoring

			
Retail	WHSL	PV	
\$27.84	\$20.88	20	






Citronella 15 ml

Cymbopogon nardus

Commonly Used to Support:

- + Immune System
- + Repelling Insects
- + Antiseptic & Antibacterial

			
Retail	WHSL	PV	
\$26.51	\$19.88	19	






Clary Sage 15 ml

Salvia sclarea

Commonly Used to Support:

- + Restoring Hormonal Balance
- + Abdominal Discomfort
- + Soothing Nerves & Skin

			
Retail	WHSL	PV	
\$49.18	\$36.88	36	



Clove 15 ml

Syzygium aromaticum

Commonly Used to Support:

- + Dental Pain Relief
- + Skin Health
- + Circulation

			
Retail	WHSL	PV	
\$18.51	\$13.88	13	

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.



BEST
SELLER

Cypress 15 ml

Cupressus sempervirens

Commonly Used to Support:

- + Skin Health
- + Calming & Relaxing
- + Respiratory Function

Retail	WHSL	PV	
\$21.18	\$15.88	15	

Eucalyptus 15 ml

Eucalyptus radiata

Commonly Used to Support:

- + Clear Breathing
- + Pain Relief
- + Purifying & Cleansing

Retail	WHSL	PV	
\$18.51	\$13.88	13	

Fennel 15 ml

Foeniculum vulgare

Commonly Used to Support:

- + Restoring Balance
- + Indigestion
- + Cooking

Retail	WHSL	PV	
\$19.84	\$14.88	14	

Frankincense 15 ml

Boswellia rivae

Commonly Used to Support:

- + Stress Relief
- + Skin Remedies
- + Immune System

Retail	WHSL	PV	
\$93.18	\$69.88	69	

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.



BEST
SELLER

Geranium 15 ml

Pelargonium graveolens

Commonly Used to Support:

- + Healthy Skin
- + Muscle Tone
- + Calm Nervous System

Retail	WHSL	PV	
\$35.84	\$26.88	26	

Ginger 15 ml

Zingiber officinale

Commonly Used to Support:

- + Digestive System
- + Nervous System
- + Immune System

Retail	WHSL	PV		
\$38.51	\$28.88	28		

Juniper 5 ml

Juniperus communis

Commonly Used to Support:

- + Body Detox
- + Immune System
- + Skin Health

Retail	WHSL	PV	
\$25.18	\$18.88	18	

Lavender 15 ml

Lavandula angustifolia

Commonly Used to Support:

- + Stress & Anxiety Reduction
- + Skin Health
- + Sleep Improvement

Retail	WHSL	PV	
\$27.84	\$20.88	20	

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.

BEST
SELLER
***

Lemon 15 ml

Citrus limon

Commonly Used to Support:

- + Weight Management
- + Immune System
- + Natural Disinfecting



Retail	WHSL	PV
\$13.18	\$9.88	9

Lemongrass 15 ml

Cymbopogon flexuosus

Commonly Used to Support:

- + Muscle Relief
- + Headache Relief
- + Skin & Hair Health



Retail	WHSL	PV
\$13.18	\$9.88	9

Lime 15 ml

Citrus aurantifolia

Commonly Used to Support:

- + Energy
- + Skin & Mental Clarity
- + Immune System



Retail	WHSL	PV
\$17.18	\$12.88	12

Marjoram 15 ml

Origanum marjorana

Commonly Used to Support:

- + Nervous System
- + Muscle Tension Relief
- + Respiratory Health



Retail	WHSL	PV
\$25.18	\$18.88	18

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.



Myrtle 15 ml

Myrtus communis

Commonly Used to Support:

- + Respiratory Health
- + Healthy Skin
- + Stress Relief



Retail	WHSL	PV
\$35.84	\$26.88	26

Orange 15 ml

Citrus sinensis

Commonly Used to Support:

- + Immune System
- + Antibacterial Aid
- + Natural Household Cleaner



Retail	WHSL	PV
\$14.51	\$10.88	10

Oregano 15 ml

Origanum vulgare

Commonly Used to Support:

- + Immune System
- + Natural Household Cleaner
- + Relaxation



Retail	WHSL	PV
\$31.84	\$23.88	23

Patchouli 15 ml

Pogostemon cablin

Commonly Used to Support:

- + Healthy Skin
- + Immune System
- + Household Remedies



Retail	WHSL	PV
\$39.84	\$29.88	29

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.



BEST
SELLER



Peppermint 15 ml

Mentha piperita

Commonly Used to Support:

- + Muscle Pain Relief
- + Digestion & Stomach Ease
- + Fresh Breath



Retail	WHSL	PV
\$27.84	\$20.88	20

Pink Grapefruit 15 ml

Citrus paradisi

Commonly Used to Support:

- + Appetite Suppression
- + Metabolism
- + Natural Antibacterial



Retail	WHSL	PV
\$21.18	\$15.88	15

Rosemary 15 ml

Rosmarinus officinalis 1, 8

Commonly Used to Support:

- + Indigestion
- + Hair Care
- + Mental Activity



Retail	WHSL	PV
\$18.51	\$13.88	13

Sage 15 ml

Salvia officinalis

Commonly Used to Support:

- + Skin Care
- + Digestion
- + Metabolism



Retail	WHSL	PV
\$38.51	\$28.88	28

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.



Tea Tree 15 ml

Melaleuca alternifolia

Commonly Used to Support:

- + Healthy Skin
- + Household Cleaning
- + Oral Health



Retail	WHSL	PV
\$25.18	\$18.88	18

Vetiver 5 ml

Vetiveria zizanoides

Commonly Used to Support:

- + Healthy Blood Circulation
- + Muscle Pain Relief
- + Immune System




Retail	WHSL	PV
\$29.18	\$21.88	21

Fractionated Coconut Oil 4 oz

Great as a carrier oil to dilute and distribute Bare Oils. This fractionated coconut oil absorbs quickly to nourish, moisturize, soothe, and soften skin.

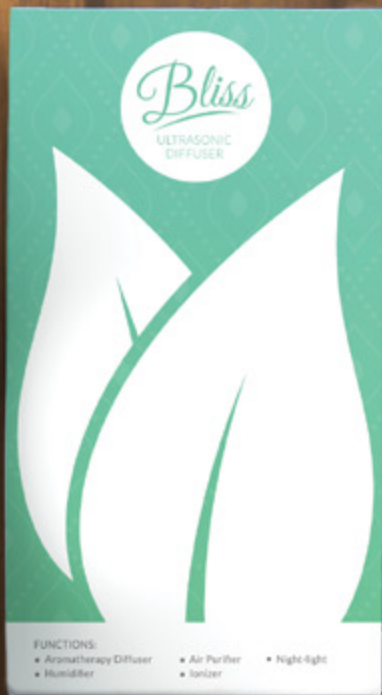
Retail	WHSL	PV
\$15.84	\$11.88	11

 **Internal with light dilution.** Dilute one drop in 1 ml of Bare Oils Fractionated Coconut Oil.

 **Internal with medium dilution.** Dilute one drop in 4 ml of Bare Oils Fractionated Coconut Oil.

 **Internal with heavy dilution.** Dilute one drop in 6 ml of olive oil or heavy vegetable-based carrier oil.

Each individual's use of Bare Oils, the user's individual results, and any benefits will vary by person.



Bliss Ultrasonic Diffuser

300 ml Capacity

Experience the natural, soothing power of Bare Oils in your home or workplace by gently diffusing the oils into the air. Our Bliss Diffuser uses high-frequency ultrasonic electrical vibrations, which keeps the integrity of the oils pure and intact.

Retail	WHSL	PV
\$54.51	\$40.88	17



Tree of Life Wooden Box

Holds up to 50 Oils

Keep your Bare Oils both perfectly organized and beautifully displayed in this natural finish, lightweight storage box.

Retail	WHSL	PV
\$22.51	\$16.88	0



Glass Vials

5/8 dram (10/pack)

Easily create and share your own blends, or just simply travel with small amounts of your favorite oils.

- + Protective amber UV glass
- + 4"l x 5"w x 0.5"h - pack size

Retail	WHSL	PV
\$5.18	\$3.88	0

Roll-On Bottles

10 ml Glass Bottle (6/pack)

Easily apply your oil blends to targeted areas of your body.

- + Clear glass
- + Metal roller ball
- + 1"l x 6.5"w x 4"h - pack size

Retail	WHSL	PV
\$7.84	\$5.88	0

Spray Bottles

30 ml Glass Bottle (6/pack)

Easily freshen the air, cleanse surface areas, and soothe your body by spritzing certified organic Bare Oils.

- + Protective amber UV glass
- + 4.50"l x 2.75"w x 4.50"h

Retail	WHSL	PV
\$5.18	\$3.88	0

Mini and Small Soft Case Keychain*

8 Vials (2 ml) / 10 Vials (2 ml)

When space is limited, clip the case to your keyring and take your favorite oils with you. Each vial is held in place with an elastic band so the vials remain safe and secure.

- + Mini: 4"l x 2.5"w x 1"h
- + Small: 4.5"l x 3.5"w x 1"h

	Retail	WHSL	PV
Mini	\$8.38	\$6.28	0
Small	\$11.04	\$8.28	0

Hard Shell Case*

10 bottles (15 ml)

For those who frequently take their oils on the go, or for those who want room to grow their Bare Oils collection, this hard shell case ensures extra protection and safety for each valuable bottle of your Bare Oils.

- + 7"l x 5"w x 3"h

Retail	WHSL	PV
\$21.18	\$15.88	0

'Bare It All' Travel Case with Shoulder Strap*

30 bottles (15 ml)

Take them all! When you just can't leave any of your Bare Oils behind, this 3-compartment case is the ultimate answer to traveling with a large assortment of Bare Oils and accessories.

- + 8.5"l x 7.5"w x 4.5"h

Retail	WHSL	PV
\$46.51	\$34.88	0

*Vials/bottles not included. 25

PALEO CHOCOLATE PEPPERMINT COOKIES

- ½ cup Paleo Flour (of choice)
- ½ cup Almond Meal
- ¼ cup Coconut Oil
- ¼ cup Raw Cocoa Powder
- 3 tbsp Sugar (of choice)
- 1 Egg
- 4 drops Peppermint Bare Oils
- 3 oz Water

www.yorhealth.com

TOILET BOWL REVITALIZER

- 10 drops Tea Tree Bare Oils
- 4 oz Baking Soda
- 2 oz Vinegar

ZESTY EVERYDAY CLEANER

- 7 drops Orange Bare Oils
- 5 drops Lemon Bare Oils
- 1 drop Tea Tree Bare Oils
- 1 drop Peppermint Bare Oils
- ½ oz Castile Soap
- 3 oz Water

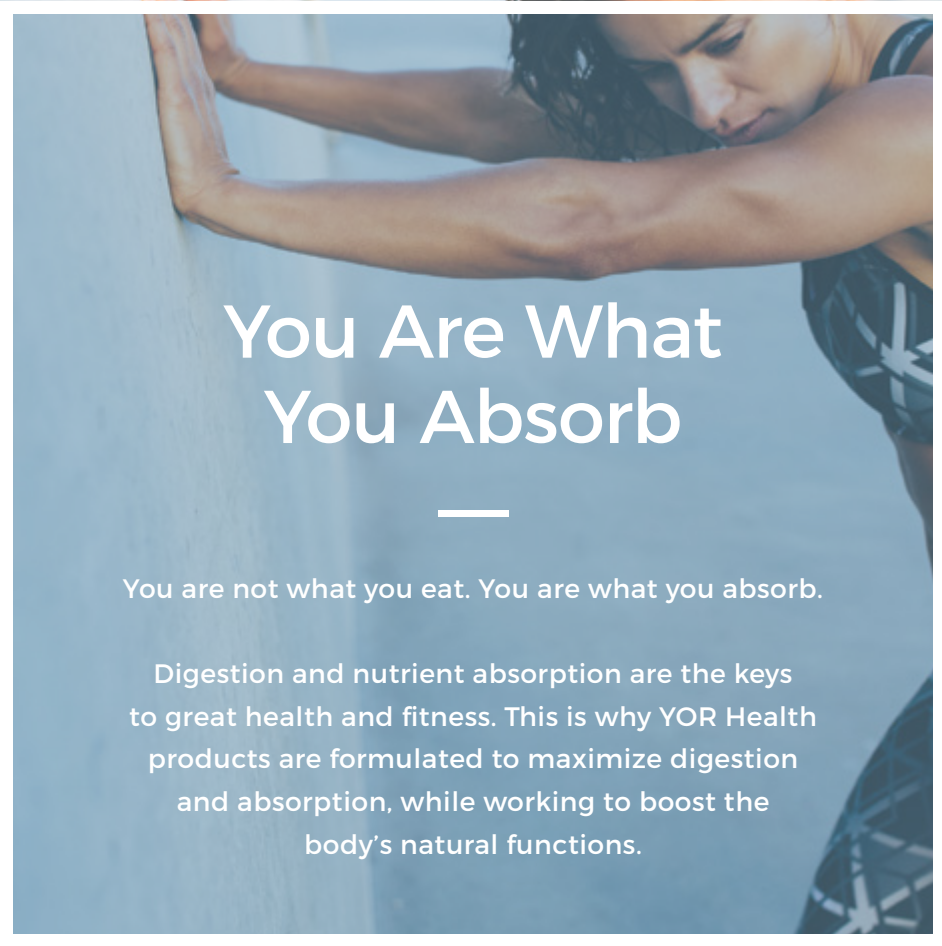
SHOWER AND TUB SPRITZER

- 4 drops Lemon Bare Oils
- 2 drops Tea Tree Bare Oils
- 2 oz Vinegar
- 2 oz Water





Maximum Nutrition Delivery



You Are What You Absorb

You are not what you eat. You are what you absorb.

Digestion and nutrient absorption are the keys to great health and fitness. This is why YOR Health products are formulated to maximize digestion and absorption, while working to boost the body's natural functions.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

The Hybrid Factor

Our expertly-crafted supplements contain unique ingredients that work synergistically to maximize the benefits within your body.

These are superior supplements.



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

YOR Shake®

Available in Chocolate and Vanilla

- + Contains 20 g of protein
- + YOR NDS® enzyme blend
- + Aminogen protease blend
- + Carbogen protease blend
- + 18 naturally-occurring amino acids
- + 23 vitamins and minerals
- + No artificial colors



YOR NDS



Gluten Free



Patented Aminogen



Patented Carbogen



Lab Tested



Guaranteed Quality

Serving Size: 2 level scoops (35 g)
Servings Per Container: 14

Retail	WHSL	PV
\$49.18	\$36.88	33

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.

YOR SuperGreens®

The Power of Fruits and Vegetables

- + Naturally-occurring vitamins & minerals
- + YOR NDS® enzyme blend
- + 24 servings of fruits and vegetables per scoop
- + Helps fight premature aging with powerful antioxidants
- + Immunity-boosting probiotic blend
- + Supports healthy vision, circulation, immune function, and mental function



YOR NDS



Vegan Friendly



Rich in Antioxidants



Powerful Adaptogens



Gluten Free



Immunity Blend



Probiotic Blend



Digestive Blend



Lab Tested



Guaranteed Quality



Fat Free

Container

Serving Size: 1 Scoop (6.6 g)
Servings Per Container: 28

Retail	WHSL	PV
\$54.51	\$40.88	40

Stick Pack

Serving Size: 1 Packet (6.6 g)
Servings Per Container: 28

Retail	WHSL	PV
\$62.51	\$46.88	42

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.

YOR Fiber Plus®

Promote Digestive Health

- + Supports healthy cardiovascular, immune, and hormone function
- + Organic sunfiber, Organic acacia fiber, Organic chicory root fiber, Organic flaxseed, Omega-3 ALA, HMRlignan
- + Promotes production of short chain fatty acids, which support colon health
- + YOR NDS® enzyme blend
- + Encourages bowel regularity



Container
Serving Size: 2 Scoops (8 g)
Servings Per Container: 28

Retail	WHSL	PV
\$35.84	\$26.88	26

Stick Pack
Serving Size: 1 Packet (8 g)
Servings Per Container: 28

Retail	WHSL	PV
\$43.84	\$32.88	28



YOR Berry Blast®

Get That Daily Boost

- + Boosts energy levels and increases metabolism
- + Supports healthy immune and cell function
- + Increases alertness and improves focus



Serving Size: 1 Packet (2 g)
Servings Per Container: 24

Retail	WHSL	PV
\$47.84	\$35.88	35



YOR Digest Ultra®

Digestion's Biggest Supporter

- + Supports healthy digestion and regularity
- + Improves nutrient absorption
- + Supports healthy blood sugar levels and healthy fat metabolism
- + Reduces discomfort by easing digestive disturbances
- + Supports energy production and boosts brain function
- + Made with plant-derived ingredients



Vegan Friendly



Gluten Free



Lab Tested



Guaranteed Quality



Serving Size: 1 Capsule
Servings Per Container: 56

Retail	WHSL	PV
\$51.84	\$38.88	38

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.

YOR Probiotics Ultra®

Support Healthy Immune Function

- + Optimizes nutrient absorption
- + Helps protect the body from harmful microorganisms
- + Promotes healthy bowel function
- + 40 billion CFU
- + Dairy-Free



Vegan Friendly



Gluten Free



Dairy Free



Patented Howaru®



Time Release Veggie Caps



Lab Tested



Guaranteed Quality



Serving Size: 1 Capsule
Servings Per Container: 28

Retail	WHSL	PV
\$57.18	\$42.88	42

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.

YOR Repair Ultra®

Ease Muscle Soreness and Improve Muscle Recovery

- + Supports increased muscle recovery and tissue repair
- + Promotes heart health, immune system function, and healthy circulation
- + Helps maintain proper kidney and liver function
- + Encourages detoxification and good GI health



Vegan Friendly



Absolutely No Fillers



Gluten Free



Lab Tested



Guaranteed Quality



Serving Size: 1 Capsule
Servings Per Container: 56

Retail	WHSL	PV
\$45.18	\$33.88	30

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.

YOR Muscle Energy®

Maximum Results for Intense Training

- + Supplies muscles faster and can increase peak performance up to 23% with Vitargo®
- + Delivers nutrients over twice as fast as maltodextrin and sugars alone
- + Gluten-Free
- + Designed for intense workouts



Gluten Free



Soy Free



Cholesterol Free



Egg Free



Dairy Free



Lab Tested



Guaranteed Quality

Serving Size: 2 level scoops (39 g)
Servings Per Container: 20

Retail	WHSL	PV
\$50.51	\$37.88	35

Only available in Mexico and United States.

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.



YOR Essential Vitamin®

The Most Essential Daily Dose

- + Features 100 mg of CoQ10, a vital nutrient used by every cell in the body
- + Encourages healthy cardiovascular function
- + Boosts energy production and increases metabolism
- + Supports healthy bones, joints, teeth, skin, eyes, and more
- + NO artificial colors or preservatives



Vegan Friendly



No Artificial Colors



Gluten Free



Contains CoQ10



Lab Tested



Guaranteed Quality



Serving Size: 6 Tablets
Servings Per Container: 28

Retail	WHSL	PV
\$58.51	\$43.88	43

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.

YOR Super Slim®

Control Appetite and Feel Satisfied

- + Formulated with 60% HCA and enhanced with green tea, green coffee bean, and guarana
- + Contains Vitamin B12 to help support metabolism
- + May help burn fat and suppress appetite



Vegan Friendly



Gluten Free



Contains 60% HCA



Lab Tested



Guaranteed Quality



Serving Size: 3 Capsules
Servings Per Container: 56

Retail	WHSL	PV
\$62.51	\$46.88	44

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.

YOR Shake® Recipes

PROTEIN BALLS

2 scoops Chocolate
or Vanilla YOR Shake®
2 tbsp Peanut Butter
2 tbsp Organic Shredded
Coconut (unsweetened)
½ cup Steel Cut Oats
2 tbsp Honey

MOCHA

2 scoops Chocolate YOR Shake®
1 cup Almond Milk
1 Frozen Banana
1 tsp Coffee Grounds
1 tsp Unsweetened Cocoa Powder

PINK LEMONADE

1 packet YOR Berry Blast®
6-8 oz Cold Water
2 tbsp Freshly Squeezed Lemon Juice
(or try Lemon Bare Oils)
Add Ice

YOR Berry Blast® Recipes

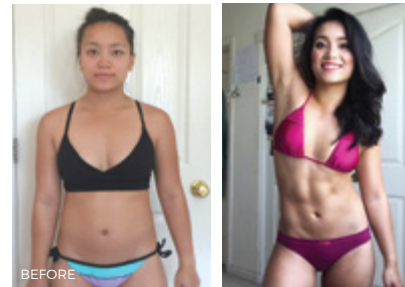
BERRY SORBET BLAST

1 packet YOR Berry Blast®
½ cup Natural (unsweetened)
Greek Yogurt (can be replaced
with natural jocoque)



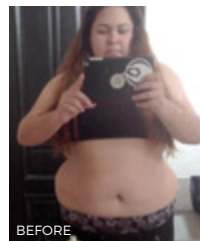
Gain Muscle. Lose Weight. Change Your Life.

Are you tired of diet fads and get-fit-quick schemes? Well, so are we. That's why we created the YOR Best Body 8-Week Challenge, not only to change people's bodies—fast—but to transform lives.



“ The YOR Best Body 8-Week Challenge has allowed me to take control of my health. I dropped 5% body fat and 9 lbs (4 kg) in 3 weeks using the products and the Thermo Slim Program! ”

~ Nya Vang

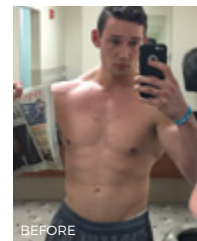


-34 LBS (15 KG)

“ I'm truly happy because I was able to lose almost 16 kg in the Challenge. It was a simple and fun process and the products are very easy to incorporate in your daily regimen. ”

~ Ada Carmina Sanchez Andrade

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.



“ This challenge has been amazing. It's helped me push my limits both physically and mentally over the past 8 weeks... how I feel and look, it's evidently clear this is the greatest product line in the world. ”

~ Ryan Parker

As of December 2016, men and women who completed any cycles of the YOR Best Body 8-Week Challenge in the Weight Loss (SLIM) Category lost an average of 14.12 lb (6.40 kg) in an eight week period, or 1.76 lb (0.80 kg) per week. Results may not be typical. Optimal results are achieved when following the product regimen in combination with a healthy diet and exercise program.



SLIM

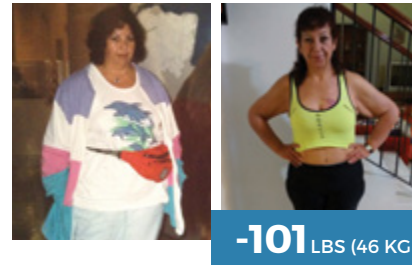
SCULPT



The More You Lose, The More You Win

YOR Health products (combined with proper diet and exercise) can get you in the 100 Pound Club and earn you free YOR Health products FOR LIFE!

What makes us so different? YOR Health understands the nature of the human body and mind. "We are what we absorb!" From nutrients to knowledge, a healthy life and body begin with what we take in. We believe pure health will give us the bodies and lives we desire. This is why all our products focus on digestion. Maximizing natural, REAL results means maximizing the absorption of nutrients.

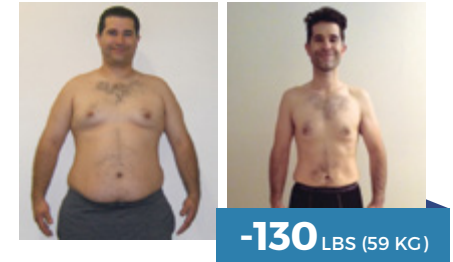


Bárbara Beatriz Pagaza Jurado

“ I feel and I look amazing! I am very, very happy for being able to be part of the 100-Pound YOR Health Club... I have a lot of happiness in my life. ”

Gabriel Navarro

“ Now I feel that my life has changed, and I see it every day in the mirror, there is a perfect time for everything and 'this is my time'... my health could not be better. ”



Josefina Felix Estrada

“ I feel happy and grateful for being part of a change that started within myself ... I wish everybody knew about this way of living with health. I will never stop being so grateful for having it in my life. ”

The testimonials contained in this publication and other materials are provided by customers who have used at least one YOR Health product. Please be advised that the testimonials contained on our website and any other publication or printed materials reflect only the experiences of the customer who has provided the testimonial. YOR Health does not make any claim that such experiences are typical or are indicative of future performance or success of using one of our products. When replacing 2 out of 5 mini-meals per day with a meal replacement shake, the average person should expect to lose 1-2 pounds per week. As with any reduced-calorie diet, the amount of weight you'll lose will depend on the number of calories you consume in proportion to your weight. Individual results may vary. Factors that may affect your results include (but are not limited to) your metabolism, exercise routine, diet, smoking, pregnancy, current medications and any medical conditions. As with any health or fitness program, regular exercise and a sensible eating plan are essential to achieve long term weight loss results. No customer was paid for a testimonial.

Professional Spotlight

Highlights YOR Health Customers and/or Promoters who are professionals in their respective fields, and who feel compelled to share the tremendous results they have experienced with the YOR Health product line.



Tim Brown
Chief Athletic Advisor,
2015 Pro Football Hall of
Fame inductee

“ I got involved with this company simply because their products are incredible. These are products that I trust. I know are very safe, and products that work great for me. ”



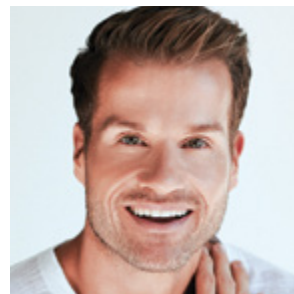
Gabriel Soto
Model, Actor, Singer

“ I showed my doctors YOR Health's products and they said they had never seen such a 'clean' product line and that I could take them. ”



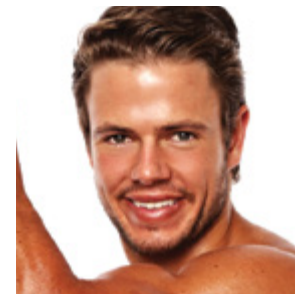
Debrah Zepf
Chief Scientific Advisor
PhD, IMD, DNM, DNT,
BCMh, CCA, CMT

“ YOR Health is about re-humanizing health. It's about bringing back life, vitality, innate intelligence. ”



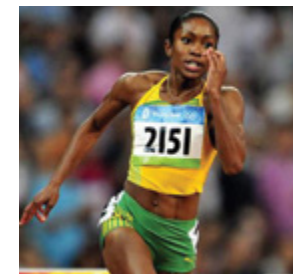
Louis van Amstel
Professional Dancer,
Choreographer,
Fitness Expert

“ My favorite YOR Health products are Berry Blast for energy, Essential Vitamins for general good health, and YOR Shake for weight management. ”



Ben Handsaker
Athletic Advisor,
1st Place - Model Australia

“ The products will help in alkalizing your body. The benefits of being alkaline are you will feel more alive and alert. ”



Shevon Stoddart
Olympic 400 m Hurdler,
Silver Medalist, Musician

“ YOR Health is by far the best nutritional supplement line I have ever taken...and I've taken plenty. ”

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.

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.

BARE LIVING

luxury done naturally

Luxury, Meet Purity

Our Bare Living products have achieved what many claimed was impossible.

Arriving at such a high-quality product that is pure and made with synthetic-free ingredients was far from easy.

“It just can’t be done!” they told us.

But after pushing research and development to new levels and working with one of the biggest-name manufacturers in the world, we were able to create something remarkable.

We want you to experience the best benefits of essential oils within a daily, luxurious experience—one that has you enjoying the absolute best the world has to offer.



Made from
synthetic-FREE
ingredients



POWERED by
Bare Oils®



Created FREE of
harmful parabens,
sulfates, & petroleum
ingredients



NO animal testing



BARE LIVING

The Power of Bare

Bare Living products are powered by
our own Organic Bare Oils.

The combination of Bare Oils and Bare Living
propels the qualities of these products to a superior
level by offering a heightened experience through
the benefits of essential oils.



Basil may:

- + Be used as a natural antibacterial for skin
- + Clear blemishes
- + Help with dandruff



Pink Grapefruit may:

- + Support lustrous shine for hair
- + Fight dandruff
- + Be used as a natural hair detangler



Lavender may:

- + Aid hair growth
- + Help moisturize scalp & hair
- + Be used as a natural antiseptic for dry scalp & skin



Lemon may:

- + Increase skin luster
- + Aid in skin detoxification
- + Clear blemishes



Orange may:

- + Be used as a natural antibacterial for skin
- + Help fight signs of aging in skin
- + Help fight acne-causing bacteria



Vetiver may:

- + Clear blemishes
- + Promote healthy hair growth
- + Help with dandruff

Shampoo

AVALON RAIN

A little goes a long way with this deeply cleansing shampoo. The delicate fragrance lightens spirits while the silky lather helps infuse the restorative power of Organic Bare Oils and botanicals into hair, helping to keep it nourished and balanced.

8 fl oz / 240 ml e

Retail	WHSL	PV
\$26.51	\$19.88	17



Conditioner

MEDITERRANEA

Formulated with Organic Bare Oils and other botanicals, this clean-rinsing conditioner deeply hydrates and restores hair from root to tip, leaving it soft and revitalized.

8 fl oz / 240 ml e

Retail	WHSL	PV
\$26.51	\$19.88	17



Body Wash

PARADISI

The power of Organic Bare Oils combined with the properties of botanical extracts cleanses and nourishes skin, leaving it touchably soft.

8 fl oz / 240 ml e

Retail	WHSL	PV
\$21.17	\$15.88	12



Body Lotion

AVALON RAIN

Pure, natural botanicals combined with nourishing shea butter create a smooth and moisturizing formula that helps restore and rejuvenate skin.

8 fl oz / 240 ml e

Retail	WHSL	PV
\$21.17	\$15.88	12



Hand Cream

MEDITERRANEA

Deeply nourish your hands with a cream so moisturizing, your skin will thank you. Powered by the beneficial properties of nature's most luxurious ingredients, this gentle cream will leave your hands feeling velvety smooth.

1 fl oz / 30 ml e

Retail	WHSL	PV
\$13.18	\$9.88	8



Our Bare Promise

Nature provides us with everything we need. It's our responsibility to harness its powers to create superior, luxurious products that contribute to a healthier, more fulfilling life.

YOR Health decided to reach into the ground and pull up some of nature's finest ingredients. This opened up the planet for us, leading us to source our botanicals from all across the globe.

Our commitment to creating clean, non-toxic products has us continuously striving to find the best ingredients. If it's out there and we can use it, we will.

GREAT·*ful*
plant-based products

The greatness of nature
for the fullness of life.

Grateful for GREAT·ful

We believe the answers to great health rest in nature. As a company that advocates for healthy living, we challenged ourselves to use our unique knowledge and natural, botanical resources to formulate a clean and powerful plant-based product line designed to promote healthy living.



NON GMO



VEGAN



DAIRY FREE



GLUTEN FREE



SOY FREE



NO ARTIFICIAL
SWEETENERS



GREAT·FUL



Plant-Based Products

We considered things that made us feel healthy, wonderful, and beautiful—and ultimately, we found that all these qualities were rolled into the ultimate appreciation for nature and what our bodies can do.

We found ourselves feeling grateful. No...

GREAT·*ful*

GREAT·protein

Foundation of Nutrition

Made entirely from plants, this wholesome protein is safe and effective for the whole family.

With its light and neutral flavor, it's easily blended with other ingredients to create a healthy and tasty protein beverage.

Serving Size: 3 Level Scoops (21 g)
Servings Per Container: About 28

Retail	WHSL	PV
\$53.17	\$39.88	29



GREAT·greens

A Nutritional Powerhouse

This superfood-packed drink mix is the most delicious way to get your daily dose of leafy greens. Blend with your favorite smoothie add-ins and enjoy a healthy and tasty beverage packed with powerful vitamins, minerals, antioxidants, and more!

Serving Size: 1 Slightly Rounded Scoop (8 g)
Servings Per Container: About 28

Retail	WHSL	PV
\$51.83	\$38.88	28



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

GREAT Recipes

SUPER TROPICS

1 scoop GREAT-greens
½ cup Frozen Pineapple Chunks
1 cup Coconut Water
¼ tsp Cayenne Pepper (optional)

PB&J

1 scoop GREAT-greens
1 tbsp Peanut Butter
¼ cup Instant Oats
1 cup Almond Milk



SWEET PROTEIN GREENS

3 scoops GREAT-protein
1 scoop GREAT-greens
1 cup Unsweetened Almond Milk
1 cup Spinach
1 Pear, cored
½ tsp Matcha Tea Powder (optional)

THE ELVIS

3 scoops GREAT-protein
1 cup Unsweetened Almond Milk
1 Banana
2 tbsp Peanut Butter
1 scoop YOR Fiber Plus (optional)
1 cup Ice (or frozen banana)

MIXED BERRY BLEND

3 scoops GREAT-protein
1 cup Mixed Frozen Berries
1 cup Almond Milk

CHOCOLATE LOVERS

3 scoops GREAT-protein
1 scoop GREAT-greens
1 cup Unsweetened Almond Milk
1 tsp Cocoa Powder
Stevia to taste (optional)





**Join us in
the Live Bare
Movement**

**WE'RE ON A MISSION TO SHARE WITH PEOPLE
WHAT IT MEANS TO LIVE BARE.**

We believe that what you put on your body is just as important as what you put in your body, and that those products should be clean, pure, and organic whenever possible. Nature holds the answers to great health, and we've returned to nature to create some of the finest products available.

When you can trust the products you purchase for yourself and your family, you are one step closer to transforming your life and truly living bare.



**WE'RE ENCOURAGING OTHERS TO HAVE GREAT HEALTH
AND TO ENHANCE THEIR LIVES
WITH THE AMAZING POWER OF NATURE.**

In doing so, we're empowering individuals to build a strong and thriving business while helping to create positive change in people's lives and the products they use.

You hold the key to empowering yourself and inspiring future generations to make positive changes.

Help make Live Bare the new normal.

Join the Movement

There are many ways you can get involved in the Live Bare Movement.

BECOME A SELECT CUSTOMER

Start creating the shift by purchasing high-quality, clean products for your own home. Enjoy a 25% discount off the retail price on all products when you join the Movement.

JOIN YOR REWARDS

Earn points on every purchase you make, then redeem those points for select products. We also like to throw in free gifts, so keep an eye out for those!

HOST A CLASS

Create an opportunity to gather friends and family and share the Live Bare Movement with them. Classes are a great way to experience our products and educate others about the mission behind Live Bare and YOR Health.

BECOME A PROMOTER

Be at the forefront of this Movement by educating people and leading the change to cleaner, simpler living, and ensuring your own personal growth by building a strong personal business.

Why Become a YOR Health Promoter?

SAVINGS ON PRODUCT PURCHASES

YOR Health Promoters receive 25% off the retail price of any product purchase.

9 STREAMS OF INCOME*

With weekly bonuses, monthly bonuses, and long-term residual income opportunities, the YOR Health Compensation Plan offers nine (9) dynamic opportunities for you to earn income, making it one of the best compensation plans in the industry.

LET YOUR INNER ENTREPRENEUR THRIVE

YOR Health provides business tools, training, and professional support to help you build and run a successful business. When you succeed, we all succeed.

A LIKE-MINDED SUPPORT NETWORK

Sometimes the process of growing a successful business requires help from those more experienced. The YOR Health community consists of passionate, experienced, and dedicated Promoters who share insight and can offer valuable guidance.

THE OPPORTUNITY TO IMPROVE PEOPLE'S LIVES

The more you learn about how to Live Bare and return to a simpler, more natural lifestyle, the more you'll be able to share your knowledge and educate others. You'll help empower others to step outside of the norm and guide them with information vital to good health. Start with those you care for most.

*Commissions are earned upon product sales only. NO earnings are paid from the recruitment of others. Many factors influence your ability to succeed. Some of these factors could be outside of your control. YOR Health makes no guarantees or promises of any earnings. A full income disclosure statement can be viewed at www.ids.yorhealth.com.

Sets to Get Started

We're glad you're interested in being part of the Live Bare Movement! We're excited to have you join us in educating people about living bare and helping to get clean, pure products into homes.

WELCOME KIT \$50

Get a quick and easy understanding of what YOR Health is and how to start pursuing your business goals. Receive samples of the top marketing materials from all YOR Health brands, as well as enrollment and order forms, product usage guides, and an overview of our key experts and professionals.



CLEANSE SET

The Cleanse Set is perfect for those who want to kickstart a new lease on health. This Set provides the tools you need to reset your digestive system and get you feeling great again. Our most popular Bare Oils and YOR Health supplements provide support to help remove toxins and promote excellent digestive health.

Retail: **\$733.34** | WHSL: **\$549.96** | PV: 515



THE MOVEMENT PROMOTER

Power and maintain your body from the inside-out and the outside-in, while sharing your knowledge and products. This set features the Top 10 Bare Oils, the best of the YOR Health supplements, premiere products of GREAT-ful, and accessories and educational information. It's a thorough start to your Live Bare business journey.

Retail: **\$788.70** | WHSL: **\$550.60** | PV: 502



THE MOVEMENT ENTREPRENEUR

For those who want to hit the ground running, this is the greatest all-encompassing option. It features our most popular Bare Oils, several of our top YOR Health supplements, products from GREAT-ful, and our entire premiere collection of Bare Living. Complete with accessories and informational materials, this set is designed to empower you as you share the Live Bare Movement.



Retail	WHSL	PV
\$1,616	\$1,168.72	1,061

Pricing and product availability are subject to change.

Go to www.yorhealth.com for up-to-date pricing, product availability, and details.



**START SAVING
BIG**



YOR REWARDS

Where Loyalty Gets Rewarded

Treat yourself to a world of exclusive products, insane deals, and privileges by joining YOR Rewards. See how rewarding a healthy friendship can be. With every YOR Shake or vitamin you take, you'll earn your way to all kinds of healthy perks, like free gifts and health swag.

4 REWARD LEVELS				
REWARD LEVELS	PREMIER	PREMIER ⁺	ELITE	ELITE ⁺
Points Multiplier	2X	3X	4X	5X
Exclusive Offers	✓	✓	✓	✓
Exclusive Items	✓	✓	✓	✓
Exclusive Gifts	✓	✓	✓	✓
Birthday Gift	✓	✓	✓	✓
Elite Customer Care			✓	✓
Priority Purchasing				✓
Unlocks after Accumulative Consecutive Subscriptions of	\$25+	\$250+	\$500+	\$1000+

WWW.YORREWARDS.COM

Explore the Blog

The Live Bare Blog features articles reflecting YOR Health's Live Bare Movement. The Movement represents our passion for harnessing nature's original design, to provide natural solutions to everyday health and wellness.

WWW.LIVEBAREBLOG.COM



live bare

To learn more about how you can join the Movement,
contact your YOR Health Independent Promoter.

www.yorhealth.com

