

Healthy & Fit

You work hard to eat a healthy diet and get regular exercise, and we strive to make products that support that effort. To put the power of complete wellness into your hands, we have carefully crafted a line of essential oils, supplements, product solutions designed to support a balanced, healthy life.



NingXia Red

For more than 700 years, the northwest region of China knows a Ningxia has earned a reputation for producing and cultivating premium wolfberries. Also known as goji berries, wolfberries have a rich nutritional profile. In addition to using this powerful superfruit in our popular nutritional drink NingXia Red®, we offer an entire line of drinks and snack foods made with our signature Ningxia wolfberries to help you thrive.



Slique

Our Slique® products can assist you in making healthy, lasting lifestyle changes, and our Slique in 60 program is designed to help you maximize your results! From our meal replacement shake to CitraSlim™, Slique products are designed to support healthy weight-management efforts.



Foundation Nutrition

Support your healthy diet with our convenient multivitamin supplements! Featuring bioavailable, food-sourced vitamins and minerals that contain an infusion of powerful essential oils, you'll get the whole-body support you need.



Targeted Nutrition

Featuring carefully selected ingredients and essential oils, these targeted solutions are formulated to support your specific nutritional needs. Young Living has developed many products that target specific needs—from heart and brain wellness to digestive support.



Cleansing Nutrition

It's sometimes easy to overlook the importance of GI tract health. Young Living has developed many solutions with enzymes, probiotics, and other specifically formulated products to support a healthy system.



Healthy Cooking

Healthy eating begins in the kitchen. From Vitality dietary essential oils to einkorn grain, we've got the ingredients you need to get on the right track. Our snacks, too, offer the perfect natural alternative to over-processed treats.



Nutritional Accessories

Gear up for whole-body wellness! Young Living's accessories make it easy to stay organized and make healthy decisions on the go.

