



Drink 2-4 ounces of Ningxia Red each morning to fuel you for the day ahead.



Pop open a Nitro pouch and drink it straight or add to a yummy Ningxia and club soda mixture when you start to feel the afternoon slump.



Take 1-2 Super B tablets in the morning or early afternoon for added energy. (Taken too late in the day, this can cause wakefulness at bedtime.)



Add Ningxia Zyng to your Ningxia Red/Nitro mocktail or drink alone as an easy way to wean off of sugary soft drinks with a natural boost of energy and that comforting carbonated fizz.



Add one drop of EndoFlex Oil to your Ningxia Red or drop under your tongue daily for endocrine system support.



Drop En-R-Gee into your palms and inhale or rub over the adrenals (lower back) for a pick me up on the groggiest day.



Add 4-6 drops Peppermint Oil to your diffuser for mental alertness and superb cognitive function. Pairs beautifully with Lemon or Ylang Ylang Oils to lift your mood.