

slique™

Slim into a new you.



YOUNG LIVING™
ESSENTIAL OILS

TRY OUR NO-RISK
SLIQUE IN 60 PROGRAM

Using a unique combination of healthful, natural ingredients and powerful essential oils, our Slique™ line of products can help you take a step in the right direction—toward a healthier, happier you! Young Living's exclusive Slique products, when used with a proper diet and exercise, can help manage weight, create feelings of satiety, support metabolic activity, and provide nutritional support.*

SLIQUE IN 60—TAKE THE CHALLENGE *beginning January 2014*

Our Slique line of products is designed to help you make healthy—and lasting—lifestyle changes. To boost your efforts, we have created the Slique in 60 program! Slique in 60's no-risk approach will guide you to your goals, whether you are aiming to develop better eating habits or more effectively manage your weight. Slique in 60 is also a great way for business builders to introduce others to Young Living and our effective products! To learn more about this powerful, new program, visit YoungLiving.com/Slique

STEP 1: Commit to your weight-management program.

Any effective weight-management program should include a consistent routine of exercise and healthy eating habits.

Whether you decide to take up swimming, weight training, jogging, or tennis, take care of your body with healthy exercise. We also encourage you to create a meal plan; eat wholesome, well-balanced meals; and drink plenty of water. Making sure your body receives all the nutrients it needs is another major component in your efforts to slim into a new you! See page 11 for our suggested regimen.

The Slique in 60 Pledge

Try any Slique collection for 60 consecutive days, and we promise that you will see a change for the better! If you are not satisfied, we will give you a product credit equal to the amount of your purchase.



*These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure, or prevent disease. Consult a physician before starting any weight-management or exercise program

STEP 2: Choose your Slique collection and save up to a 10% discount.

SLIQUE MAINTAIN

Item No. 4711 Whsl. \$41.25 Retail \$54.28 PV 41.25

With simple effectiveness, Slique Maintain partners two of the most popular Slique products, Slique Essence (15 ml) and Slique Tea (1 box), to help you maintain a healthy body weight and support good dietary habits.

- **Slique Essence** is a unique oil blend that may help manage hunger between meals (15 ml).
- **Slique Tea** is a delicious combination of premium jade oolong tea leaves, ocotea leaves, vanilla essential oil, and Arabian frankincense powder that adds a delicious boost to your weight-management efforts (1 box).

SLIQUE ASSIST[†]

Item No. 4712 Whsl. \$101.75 Retail \$133.88 PV 84

For a little assistance slimming into the new you, Slique Assist includes the Slique Maintain collection, plus Slique Bars (2 boxes) and Slique Gum (4 packages).

- **Slique Essence** (15 ml)
- **Slique Tea** (1 box)
- **Slique Bars** are a healthful snack option for helping curb cravings between meals (2 boxes).
- **Slique Gum** is a one-of-a-kind flavor experience that may help minimize mindless snacking (4 packages).*



[†]Slique Assist pictured.

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SLIQUE ADVANCE

Item No. 4713 Whsl. \$159.75 Retail \$210.20 PV 141

The perfect way to put your weight-management goals on the fast track is to jump ahead with Slique Advance. This collection includes the Slique Assist, plus Slique Slim Caps (1 box).

- **Slique Essence** (15 ml)
- **Slique Bars** (2 boxes)
- **Slique Tea** (2 boxes)
- **Slique Gum** (4 packages)
- **Slique Slim Caps** use a revolutionary, patent-pending formulation to help induce feelings of satiation while also helping to manage hunger (1 box).*

SLIQUE COMPLETE[†]

Item No. 4714 Whsl. \$349.75 Retail \$460.20 PV 295

The ultimate collection for healthy weight-management and optimal nutritional support, Slique Complete contains everything found in the Slique Advance kit, plus Balance Complete™ meal replacements (2 containers) and NingXia Red® (2 pack).

- **Slique Essence** (15 ml)
- **Slique Tea** (2 boxes)
- **Slique Bars** (2 boxes)
- **Slique Gum** (4 packages)
- **Slique Slim Caps** (2 boxes)
- **Balance Complete** (2 containers)
- **NingXia Red** (2 pack)



[†]Slique Complete pictured.

STEP 3: Set a goal using the SMART system.

Specific—Choose a specific goal. Ex.: Exercise 30 minutes a day rather than “exercise more.”

Measurable—Determine how you will measure your goal. Ex.: Days exercised or miles run in a week.

Accountable—Develop a way to be held accountable. Ex.: Share your goals with a friend or co-worker and ask him/her to follow up with you.

Realistic—Make sure your goal is attainable. Ex.: Exercise 30 minutes a day rather than 2 hours per day.

Timeframe—Establish a specific time in which you plan to accomplish your goal. Ex.: 30 days, 60 days, etc.

STEP 4: Evaluate your progress.

Taking time to check on your improvement is a great way to maintain motivation as you work toward your goals. Regularly stop and ask yourself, “How am I doing with this goal?” and “Do I need to make any adjustments to my plan?” After this assessment, keep on your journey toward success by continuing to use the Slique collection that best matches your goals. You may also customize and supplement your kit by adding any of the products found on the following pages. Tailor your goals to fit you!

SLIQUE ESSENCE *Citramint Beverage Enhancer*

Item No. 4586 (15 ml) Whsl. \$26.00 Retail \$34.21 PV 26

Add Slique Essence to your water bottle to help stave off cravings.

SLIQUE TEA *Ocotea Oolong Cacao Slimming Spice Tea*

Item No. 4560 (25 tea pouches) Whsl. \$19.75 Retail \$25.99 PV 19.75

Replace your morning coffee with Slique Tea for a natural boost.

SLIQUE SLIM CAPS *with Citral-Dense Essential Oils*

Item No. 4684 (30 packages) Whsl. \$45.00 Retail \$59.21 PV 45

To prevent overindulging, take Slique Slim Caps 45 minutes before eating.

SLIQUE BARS *Tropical Berry Crunch*

Item No. 5024 (6-1.23 oz. (35 g) bars) Whsl. \$17.75 Retail \$23.36 PV 9

Take Slique Bars in your gym bag for a healthful snack before and after exercise.

SLIQUE GUM *Slimming Fresh Mint*

Item No. 4579 (8 ct.) Whsl. \$7.75 Retail \$10.20 PV 7.75

Item No. 4627 (3 pk.) Whsl. \$22.75 Retail \$29.93 PV 22.75

Item No. 4628 (12 pk.) Whsl. \$88.75 Retail \$116.78 PV 88.75

Chew Slique Gum between meals to help curb cravings.



In addition to our effective Slique line, Young Living has many other unique products that can help you pursue your health goals. Try these products along with your Slique regimen:

Athletic Performance:

- NingXia Nitro™
- Idaho Blue Spruce
- OmegaGize³™

Recovery:

- NingXia Red®
- Deep Relief™
- Ortho Ease Massage Oil™
- PanAway®
- Stress Away™

Protect:

- BLM™
- Sulfurzyme®
- OmegaGize³™

Maintain Balance:

- Progensence™ Plus
- EndoGize™
- Thyromin™
- EndoFlex™



SUGGESTED SLIQUE REGIMEN		MAINTAIN	ASSIST	ADVANCED	COMPLETE
Morning	Balance Complete meal-replacement shake with a minimum of 2 drops of Slique Essence				●
	NingXia Red 4 oz.				●
	Slique Tea with a minimum of 2 drops of Slique Essence	●	●	●	●
	Healthful snack (Slique Bar, fruit, vegetables, nuts, etc.)	●	●	●	●
Afternoon	Slique Slim Caps 1 hour before lunch with 8–12 oz. cold water				●
	Light, well-balanced lunch	●	●	●	●
	Slique Tea with a minimum of 2 drops of Slique Essence			●	●
	Healthful snack (Slique Bar, fruit, vegetables, nuts, etc.)	●	●	●	●
Evening	Slique Slim Caps 1 hour before dinner with 8–12 oz. cold water			●	●
	Light, well-balanced dinner	●	●	●	●
	A minimum of 2 drops of Slique Essence in tea, water, or low-calorie beverage	●	●	●	●
	NingXia Red 4 oz.				●
Daily	Chew 1 Slique Gum tablet before or after meals or as desired		●	●	●
	Drink plenty of water with 2 drops of Slique Essence throughout the day	●	●	●	●

WARNING

Consult a health professional before starting a weight-management program. For more tips, goal setting guidance, and useful Slique information, visit our Slique page at YoungLiving.com/Slique

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Slim into a new you.

Call 1.800.371.3515
or visit **YoungLiving.com** to order
your Slique products today!



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YoungLiving.com/toolfeedback
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