

# DETOX SET



Become the best you,  
you want to be.

Include these healthy  
products into your  
lifestyle with the “Build  
Your Beauty” guide.

- |                   |                 |
|-------------------|-----------------|
| YOR Shake®        | Boost Bare Oils |
| YOR SuperGreens®  | Boost Bare Oils |
| YOR Fiber Plus®   | Boost Bare Oils |
| YOR Digest Ultra® | Boost Bare Oils |
| YOR Probiotics®   | Bare Living     |
| YOR Berry Blast®  | Bare Living     |
| GREAT-protein     | Bare Living     |
| GREAT-greens      | Bare Living     |

## Ingredients:

### YOR NDS™ |

(YOR Nutrition Delivery System) and it represents the culmination of nearly three years of research and development. YOR NDS™ represents the future of nutrition and is best explained through several key features or concepts: Innovation, Clinically Proven, Patent-Protected, Perfect Balance between Science and Nature, Safe and Effective, and Guaranteed Satisfaction.

Learn more on the back and at [yorhealth.com/NDS](http://yorhealth.com/NDS)

### USDA ORGANIC |

The National Organic Program (NOP) monitors and regulates businesses that produce or process agricultural products that are represented as “100% organic,” “made with organic ingredients” and “organic.”

Learn more: [yorhealth.com/NDS](http://yorhealth.com/NDS)

### NATURAL |

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.

Learn more: [yorhealth.com/NDS](http://yorhealth.com/NDS)



## EXPLORE OUR MENU

## Flavors:

### DIGEST | D

You're not what you eat,  
you are what you absorb.

### NOURISH | N

Abosorb the best that  
nature has to offer.

### PURIFY | P

Purify your body &  
lifestyle from toxicity.

● Contains YOR NDS

○ Contains Organic

 Contains  
Natural Ingredients

## DAILY SPECIALS TO ADD TO YOUR ROUTINE

- |           |   |
|-----------|---|
| WAKE UP   | Probiotics Ultra ●<br>Enhance your immune system<br>and improve digestion                                 |
| BREAKFAST | YOR Shake DN●<br>or GREAT-protein DN  |
| LUNCH     | Digest Ultra D<br>Taken with lunch to improve<br>digestion and nutrient absorption                        |
| DINNER    | Digest Ultra D<br>Taken with lunch to improve<br>digestion and nutrient absorption                        |
| SNACKS    | YOR SuperGreens DN●<br>or GREAT-greens DNO<br>YOR Shake DN●<br>or GREAT-protein DNO<br>YOR Berry Blast DN |
| BEDTIME   | Bare Oils Sweet Dreams ○<br>Relax and Rest Blend  |
| SIDES     | Bare Oils Lemon DP○<br>Bare Oils Peppermint DO○   |

## SKIN & HAIR

- Bare Living Shampoo  
Avalon Rain
- Bare Living Conditioner  
Mediterranea
- Bare Living Body Wash  
Paradisi
- Bare Living Lotion  
Avalon Rain
- Bare Living Hand Cream  
Mediterranea
- Bare Oils Lavender ○  
Skin Health
- Bare Oils Frankinsence PO  
Skin Health
- Bare Oils Peppermint PO  
Muscle and Nerve  
Pain Relief
- Bare Oils Tea Tree PO  
Skin and Hair Health

## MIND & BODY

- Bare Oils Boost ○  
Invigorate and Elevate
- Bare Oils Purify PO  
Cleanse and Protect
- Bare Oils Clear Mind PO  
Clear and Calm
- Bare Oils Eucalyptus PO  
Clear Breathing and  
Mental Clarity
- Bare Oils Frankinsence ○  
Stress Reduction and  
Mental Clarity
- Bare Oils Lavender ○  
Nervous System
- Bare Oils Lemon PO  
Emotional Health and  
Rheumatic Joint Pain
- Bare Oils Peppermint PO  
Clear Breathing and  
Cold and Cough Relief

## HOME

- Bare Oils Purify PO  
Natural Household  
Cleaner
- Bare Oils Eucalyptus PO  
Purifying and Cleansing
- Bare Oils Lemon PO  
Natural Household  
Cleaner
- Bare Oils Tea Tree PO  
Natural Household  
Cleaner

\* See Product Catalogue or  
visit [www.yorhealth.com](http://www.yorhealth.com)  
for full directions and  
suggested usage.

## BUILD YOUR BEAUTY



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YORHEALTH.COM

## 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.

## YOR NDS™

YOR Nutrition Delivery System



### INNOVATION

YOR NDS™ is a breakthrough innovation in nutrition. After significant research, testing, and development we created the proprietary enzyme blend comprising YOR NDS™ and found a way to improve nutrient absorption in order to maximize the benefits of nutritional intake. This innovation is exclusive to YOR Health and is characterized by its patented technology and clinically proven results.

### CLINICALLY PROVEN

Scientists from Obirin University in partnership, with the Tokyo Metropolitan Institute of Gerontology, performed the clinical study of the enzyme blend contained in YOR NDS™. The study was designed as a randomized, placebo-controlled study, considered one of the most reliable forms of evidence in the scientific community.

The trial lasted 25 weeks in which the 13 participants from the test group consumed the enzyme blend in YOR NDS™ three times a day with meals. The 11 members in the control group received a placebo. Blood measurements were taken and compared at baseline (the beginning of the study) and after six months during the follow-up survey.

Three key biomarkers in the YOR NDS™ enzyme group showed significant changes in the follow-up survey, whereas in the control group no significant changes were found.

For detailed information, please visit [yorhealth.com/NDS](https://yorhealth.com/NDS)



### PATENT-PROTECTED

In addition to the clinical study, the YOR NDS™ exclusive patented features are one of the main characteristics that define its competitive edge. The proprietary formulation of YOR NDS™ is held as a patent-protected blend with an additional patent pending.



### PERFECT BALANCE BETWEEN SCIENCE AND NATURE

YOR NDS™ is composed of natural and gentle enzymes. Enzymes are found in raw foods and plants, and they are responsible for delivering all the nutrients required for health. Nutrients cannot be utilized in the body without enzymes. But what elevates YOR NDS™ to a higher level is the smart design and perfect balance between science and nature. Through clinical testing, we have determined the precise amount and type of natural enzymes in a proprietary blend required to improve nutritional status, and leveraged the science of human clinical results to back it up.



### SAFE AND EFFECTIVE

In order to have the best end product, we started with the best ingredients, and partnered with the number one enzyme producer in the world to create YOR NDS™. Meeting the safety expectations of our customers is very important to us, and YOR Health manufactures all products under current Good Manufacturing Practices. The YOR NDS™ blend is a product of our due diligence to quality. It is composed of vegetarian enzymes and has been proven gentle and safe.



### GUARANTEED SATISFACTION

For all of the time, dollars, and emotions you spend working on your health, we want to give you more back. That is why it is our goal to seek out the truth about lasting health, and provide you with real solutions and proven results. YOR NDS™ does just that. To further support you and your family in your efforts to stay healthy, we have inserted the patent-protected YOR NDS™ into our products to maximize the nutritional benefits and support you on your journey to better health.

THE  
live  
bare  
GUIDE

