GoYin

Are you getting enough sleep every night to allow your body to renew and recharge? Are you physically active on a daily basis? Do you often seek artificial fixes from other sources only to “crash” a few hours later? What you choose to do every day can either restore or throw you out of balance and can affect your overall well-being. Additionally, your food choices can affect your body and mind.

GoYin was created on the premise of 5,000 years of Traditional Chinese Medicine (TCM), which seeks to promote harmony and balance within the body. TCM looks at the balance between the body, mind, and spirit to determine how to restore qi, or energy; the theory is based on the idea that all things are composed of opposing, yet complementary forces, known as yin and yang. With the introduction of TCM in Western medicine, there is renewed interest in the physical and spiritual treatments of health and well-being.

While GoYin cannot negate the effects of poor lifestyle habits, it can provide nutritional support to help your body deal with everyday stressors. GoYin contains a proprietary blend of superfruits, herbs, and other fruits that have been traditionally used to help bring the body into balance and enhance overall well-being. It delivers a good source of vitamins B6, essential for energy in the body from the food we eat, and B12 necessary for building important cell structures, including DNA and hormones.*

- Delicious blend of superfruits, herbs and other fruits that have traditionally been used to help restore balance and enhance overall well-being.*
- While it cannot negate the effects of poor lifestyle habits, it may provide nutritional support to help your body adapt to daily stressors.*
- Made with a proprietary blend of fruits and herbs, including astragalus, jujube date, gac, hawthorn, schisandra, tangerine, and ginger to help provide balance, based on traditional Asian herbal practices.
- Contains the superfruits goji and mangosteen.
- In a preliminary study of 100 healthy, stressed individuals, GoYin improved overall feelings of vigor and well-being, and decreased feelings of gloom, tension, and fatigue.*
  - GoYin Study

*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.
• Delivers a good source of vitamins B6 and B12. B6 is essential for the creation of energy in the body from the food we eat. B12 is necessary for building important cell structures in the body, including DNA and hormones."

• Vegan, made with natural ingredients.
• Best taken on an empty stomach.
• Serve chilled.

Tag:
Balance

Recommended Use
• Take 1-2 fluid ounces on an empty stomach in the morning and afternoon, or as directed by your healthcare provider.
• Additional servings may be taken throughout the day if desired.
• May be taken alone or mixed with other natural fruit juices.
• Refrigerate after opening.
  o Children—Please consult your pediatrician before giving to children and adolescents under 18 years of age.
  o Pregnant/Nursing—Consult with your healthcare provider before taking GoYin if nursing or pregnant.

Icons:
• Vegan
• Made with Natural Ingredients
• Soy free

Recipes
• GoYin Pops (popsicles)
  o GoYin
  o Toothpicks or Popsicle sticks
  o Crushed fruits or superfruit (optional)
    ▪ Pour 2-4 ounces of GoYin into ice cube trays. Add a small amount of fresh fruit or a splash of superfruit (Optional)
    ▪ Place a toothpick or Popsicle stick into each cube.
    ▪ Place in freezer.
    ▪ Once frozen, Enjoy!

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