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FOR IMMEDIATE RELEASE

Whole Food Multivitamins: A True Source for Health

Lehi, Utah—True Source™, a whole food multivitamin, has recently been added to Young Living Essential Oils' line of nutrient-based products. Rich in dried super food powders, whole food vitamins and minerals, antioxidants, and phytonutrients, True Source fills the nutritional gap often found in the typical daily diet, and is invaluable for those looking to improve the way they look and feel. In 2002, the *Journal of the American Medical Association* released a statement saying, "Most people do not consume an optimal amount of all vitamins by diet alone. It appears prudent for all adults to take a multivitamin supplement."

A variety of super fruits and vegetables supply a multitude of nutrients including B vitamins, vitamins A, C, D, E, and K, folic acid, selenium, zinc, potassium, iodine, and magnesium. Studies indicate that nutrients found in whole foods are far superior to vitamins prepared in a lab, which are often in many popular brands found on the shelves of local retailers. As more demands are made on our time, foods of convenience have become the norm. With True Source, getting the recommended nine servings of fruits and vegetables has never been easier.

Young Living Corporate Overview

Young Living Essential Oils, a Utah-based company, is world renowned for its essential oils and oil blends, oil-enhanced nutritional supplements, bath and body products, skincare solutions, and natural preparations for the home. For more information about Young Living, please visit www.youngliving.com.