

THE HAPPY SIPPERS SOCIETY

FINDING HAPPY

GUIDE TO MAKING HAPPY
NOOTROPIC MOCKTAILS

by Nelea Lane

MOOD | MOTIVATION | METABOLISM





A LEGACY WELLNESS ENTREPRENEURS TEAM

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facebook.com/nelealane
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happyjuicechick.com

MY TRUTH: HAPPY IS AN INSIDE JOB.

Life can be so busy and stressful these days. I was constantly feeling overwhelmed, irritable, and drained of energy. The daily grind had become emotionally taxing and left me feeling mentally exhausted. And glued to the couch while hiding from the world.

My ducks weren't in a row, my waistline was arguing with my favorite jeans, and my mojo was buried in grief from loss, Netflix binging, and isolation during Covid. I wanted my life back.

Imagine beginning to wake up feeling happy, focused and present every single day. Slowly, your husband's jokes are funny again, your kids stories aren't too long, zooms aren't so painful, and you feel more joyful emotional empathy for others again.

Picture having the motivation and clarity to stay active and engaged in the activities and relationships that matter most. Life doesn't have to be a constant struggle riddled with feeling lost, unmotivated, fatigued, and uninspired.

I started drinking Happy Juice to create a lifestyle of happiness from within that allowed me to start finding joy and living happily again on my terms.

Beginning to optimizing your mental wellness can be simpler and easier than you think with this mood-supporting drink. It can help lower stress and increase your resilience while supporting gut health and hormonal balance, lose that muffin top, and to stop worrying about whether or not your memory has deserted you. Happy Juice helps you feel more focused, clear headed, less anxious, more positive, and in a better mood. Drink it daily and focus on discovering feeling happy and centered from within again.

Did it happen overnight for me? No, it took time. And I am grateful for the journey. To watch life unfold again, choose my happiness, find joy in simple things, and appreciate the improvement is a precious thing.



HAPPY JUICE. WHAT IS IT?

Happy Juice is a delicious drink that can benefit anyone who wants to optimize their mental and physical wellness. It's a mood-supporting beverage that's specially crafted with a unique blend of prebiotics, probiotics, phytonutrients, adaptogens, and nootropics that work together to promote calmness, clarity, and focus.

One of the primary benefits of Happy Juice is its ability to support mental wellness. By reducing

stress and increasing resilience, Happy Juice helps us feel more focused, less anxious, and more positive about our lives. Furthermore, this drink has been shown to help improve gut health, which is a critical component of overall wellness.

The gut and brain are intimately connected, and Happy Juice can help users keep both in balance. This drink is designed to support a healthy gut microbiome, which can help improve digestion, support immune function, and even reduce inflammation. By promoting gut health, Happy Juice can also help improve mental health, as the gut and brain share complex communication pathways that can influence mood and emotion.

Since mental and physical wellness are closely intertwined, Happy Juice also offers a range of physical benefits. For example, over time this drink can help us lose weight and reduce belly fat, which can lead to a range of health improvements. Additionally, Happy Juice can support hormonal balance, support healthy cortisol levels, boost energy levels, and improve overall well-being.

At its core, Happy Juice is a celebration of self-care and the power of taking charge of your own happiness. By making a daily habit of drinking this empowering beverage, you can take a step towards a more fulfilling and joyful life. It's a great starting place to helping you achieve your wellness goals, reignite positivity, and unlock your full potential.

HAPPY JUICE TESTIMONIALS



VICTORIA P.
@mentalwellnessmovement

Happy Juice I haven't had a cup of regular coffee in probably 4 months (I have had a cup of decaf probably twice). I was spending hundreds of dollars at Starbucks a month and intaking high amounts of caffeine and I just didn't feel good (jitters, anxiety, heart rate fast). Not to mention my mental health and feeling BLAH. Anyone else feel this way?!

Enter happy juice! I drink it everyday! It has CHANGED MY LIFE! I feel amazing I have the best energy that's sustained and no crash or jitters, my gut is happy. AND it gives me motivation to knock out my to-do list. I am telling you what, you will never go back!



JUSTINA G.
@mentalwellnessmovement

Anxiety was my normal state. And I didn't even realize it wasn't normal. As an ambitious entrepreneur and mama of two young boys I constantly felt like I had soooooo many things to get done. So of course I would feel pressure and stress throughout my day. What I didn't like was my heart racing, the feeling of a weight on my chest and the monkey mind when I went to bed every night. That all stop once I started using happy juice. I was blown away with the calm focus it gave me. I am a million times more productive and overall happy. The best part is I get to share it with my boys too. I believe everyone could use happy juice in their life!



STACY H.
@mentalwellnessmovement

Have you ever had your emotions all over the place?

That was me!

I was contemplating going back on antidepressants. Until I found Happy Juice! From the very 1st day I tried it I was sold. It lifts my spirits and helps me stay on task and get things done instead of being in that place of idle, fighting with my own thoughts and worries.

It has been my absolute life favor!



LISA K.
@mentalwellnessmovement

The past 5 years our lives have had some stressful events: our son had 3 heart surgeries, a family member diagnosed with cancer, we moved, we built a home with acreage and learned to care for animals, we had a 3rd child, and my husband went back to grad school.

I bet if we were sitting down for coffee, you could tell me about similar things you've gone through.

Amidst some big (stressful) events, my husband and I have been able to step INTO the stress instead of shrink back.

Our stress resilience has even been good enough to jump into some optional (crazy) stress like buying 20 chickens last week and having 3 kittens!

Addressing our gut microbiome (ARA- Happy Juice) has been a game changer.

As a kid I always struggled with anxiety and stomach issues. Not anymore. Now when I start to feel anxious or stressed, I have tools to help. I'm forever thankful to Amare!

FINDING HAPPY

AMARE
HAPPY
JUICE
PACK

On the Go

Take Your
Happy Juice
EVERYWHERE



WATCH VIDEO



HOW TO MAKE HAPPY JUICE

The most convenient way to make Happy Juice is with the Happy Juice To Go pack.

Mix one packet of Mentabiotics, 1 Packet of Energy+, and one packet of Edge with 16-20oz of water. Stir well.

All three products are also available for purchase separately to mix different flavors of Energy and Edge.



HEALTHY HABITS AND MENTAL WELLNESS

Happy Juice is not only a mood-supporting drink, but I found it also helped me embrace other aspects of mental wellness that I'd been neglecting. Once I started, I did experience a happier mindset, lowered my stress response levels, and my sense of humor even returned. I was responding more often than reacting, and stress resilience improved. This made it easier to focus on other areas of mental wellness such as sleeping well, eating a cleaner diet, moving more, practicing better self-care, tuning out negative thoughts, and setting healthy boundaries for myself.

Let's talk about sleep. Sleep is crucial for overall well-being, as studies have shown that lack of sleep can increase cortisol levels and lead to depression, anxiety, and even weight gain. But with Happy Juice, you may find it easier to fall asleep and stay asleep. With proper rest and rejuvenation, you'll be able to start each day feeling refreshed and ready to tackle whatever comes your way.

When it comes to diet, Happy Juice can support your gut health, which is vital for mood regulation. A clean diet can provide essential nutrients for optimal brain function and can help balance hormones. Happy Juice is a great source of nutrients and the perfect foundation for a cleaner diet.

Moving your body is another essential pillar of mental wellness, and Happy Juice can give you the energy and motivation to move more. Maybe you'll start taking walks after dinner or join a local yoga class. Whatever it may be, you'll experience the benefits of movement and start to feel stronger, healthier, and more empowered.

Practicing self-care is crucial for mental wellness; it can help you feel grounded, calm, and in control. With Happy Juice, you may find it easier to prioritize taking care of yourself. Maybe it's simply taking a relaxing bath or finding time to read a book. Whatever self-care looks like for you, Happy Juice can be the start of a beautiful self-care routine.

Setting health boundaries for yourself is also essential for mental wellness. Maybe it's learning to

say "no" more often or taking a break from scrolling through social media. Happy Juice can give you the clarity and focus to make intentional choices and set healthy boundaries for yourself.

In conclusion, Happy Juice can be the foundation for a happier, healthier, and more fulfilled life. By improving your mood and mindset, it can make it easier to focus on other areas of mental wellness such as sleep, diet, movement, self-care, and setting healthy boundaries.

Every morning, let Happy Juice remind you that you're one day closer to better mental wellness.

You don't have to do it alone, ask to join our happy community and share your ups and downs, your victories, and your dreams. We'll cheer you on.





FROSTY BEVERAGES

Several years back I decided I was going to consume less sugar, drink less caffeine, and give up Dr Pepper.

My family laughed at the Dr Pepper part.

What I found was Kombucha to replace the Dr Pepper and I started mixing all sorts of things with it. Fruit, herbal teas, sparkling waters, mints. I looked at the flavor profiles and went from there. I never even realized it was the first step towards a healthier gut!

I posted online almost every day about my afternoon “frosty” and the what I was concocting in my glass. I became unafraid to combine most anything -- even adding Kombucha to smoothies.

When Happy Juice came along, I had even more flavorful profiles to play with.

Enjoy these mocktail recipes and come up with your own. It's great fun adding sugar and spice rims, cute umbrellas, and fancy straws.

And! It's five minutes that you do something nice for yourself.



Watermelon Spritzer:

- 1 sachet Pomegranate Lime Energy
- 2 scoops Watermelon Edge
- 1 scoop or sachet of Mentabiotics

Mix in 8-16 oz club soda, add a splash of lime juice. Garnish with a slice of watermelon.

Very Merry Melon:

- 1 sachet Pomegranate Lime Energy
- 1 scoop Watermelon Edge
- 1 scoop or sachet of Mentabiotics
- Frozen melon balls for ice

Mix in 16-20 water, add a splash of lemon juice.

Watermelon Mojito:

- 1 sachet Pomegranate Lime Energy+
- 1 scoop Watermelon Edge
- 1 scoop or sachet of Mentabiotics
- 2-3 fresh mint leaves muddled in bottom of glass with a little basil
- Mix in 16-20 oz infused cucumber water.

Pomegranate Paloma:

- Combine Pomegranate Lime Energy, with Poppi Grapefruit Prebiotic Soda. Add lime juice to taste. Garnish with a wedge of lime.

Pomegranate Tea Tonic:

- Steep your favorite fall herbal tea in hot water and let cool. Mix with Pomegranate Lime Energy and honey to taste. Add a squeeze of lemon. Pour over ice in a tall glass and garnish with a lemon wedge.

Another version is to use Snickerdoodle Energy+

Grape Fest:

- Combine 2 oz of Grape Kombucha or grape juice, with a scoop or sachet of Juice Pomogranate Lime Energy. Top with soda water and garnish with a slice of lime.



Holiday Cheer:

Combine 1 stick of Pomegranate Lime Energy with 1/2 cup of orange juice, 1/2 cup of cranberry juice, and sparkling water to top off 16 oz. Add orange slices for garnish

Berry Breezer:

In a blender, mix 1 sachet Dragon Fruit Energy, a handful of mixed berries, and a scoop of sachet of Grape Edge. 10-12 oz of sparkling water and ice to make a slushie.

Mix in 16-20 water, add a splash of lemon juice.

Watermelon Jalapeno Margarita Mocktail:

- Combine 1 scoop Watermelon Edge with with packet of Pomegranate Lime Energy in 12-16 oz coconut water. Add in slices of lime and jalapeno.

For fun garnish the rim with chili lime salt.

READY TO LOWER YOUR CORTISOL AND GET YOUR GLOW BACK?

JOIN THE 90-DAY MOCKTAIL CHALLENGE

You know that feeling

when you finally decide it's time for a bit of a glow-up? Not just the kind where you try a new hair color or hit the gym more often, but a real, inside-out transformation. Well, this could crack open the door to exactly that. It's a chance to turn down the volume on stress and dial up the brightness on life.

Imagine cortisol as that overly chatty friend who means well but sometimes doesn't know when to take a breath. We all have one, right? This challenge is like learning how to lovingly tell that friend, "Hey, I need some space to breathe." It's about finding that sweet spot where you feel energized, balanced, and yes, absolutely glowing.

You'll experience what it's like to go from a dimly lit candle to being the dazzling fireworks you are meant to be. It all starts with a drink that brings small changes that accumulate into big shifts in how we feel.

Think of this challenge as your personal roadmap back to feeling amazing. But here's the kicker – it's not just about lowering cortisol or any science-y stuff. It's about remembering how to find joy in the little things, how to stand strong in the middle of life's whirlwinds, and how to truly shine from the inside out.

Are you ready to jump on this ride with me? To make those small changes that light up your world?

Because trust me, it's going to be one heck of a journey. And I'm so glad we're doing this together.

All you have to do is add a serving of grape, watermelon, or mango nootropics to your day.

We'll Focus On:

Getting your "edge" back by adding Nootropics that will support you by:

- Flooding your body with very potent antioxidants.
- Helping with inflammation
- Increasing Dopamine levels in the brain and gut
- Decreasing fatigue
- Increasing the brain's ability to generate neurons
- Helping to stabilize blood sugars
- Providing anti-aging benefits to help you reverse and repair internal cellular damage

Here's to us, to new beginnings, and to that incredible glow that's waiting just around the corner. Cheers to the adventure ahead!

Follow my [Instagram](#) page for mocktail recipes.



GET YOUR 90-DAY
MOCKTAIL MIXERS

Link includes \$10 off and locks in 10% off next order.

ELEVATE YOUR EXPERIENCE

ADD IN THESE COMPONENTS AND YOU'LL HAVE THE VIRAL HAPPY JUICE

JOIN THE 90-DAY MOCKTAIL CHALLENGE

ENERGY

Available in Pomegranate Lime or DragonFruit, adding in Energy will provide:

- Anti-inflammatory benefits
- Improve the good bacteria living in your gut
- Improve Vitamin C absorption
- Add super antioxidants
- Energy boost
- Better concentration
- Relief from fatigue

All without harmful side effects.

Follow my [Instagram](#) page for mocktail recipes.



GET YOUR 90-DAY
MOCKTAIL MIXERS

MENTABIOTICS

Comprehensive combination of unique strains of probiotics, prebiotics, and phytobiotics that have been scientifically shown to improve mental wellness.

- Helps with inflammatory balance
- Neurotransmitter signaling
- Gut integrity
- Specific probiotic strains help with anxious and sad feelings
- Specific prebiotic fibers are for stress resilience
- Backed by scientific studies
- Addresses each level of the gut/brain axis

TO ELEVATE YOUR CHALLENGE, BUNDLE ENERGY AND MENTABIOTICS WITH THE EDGE VARIETY PACK.

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