

Wellness Mocktail *Guide*



BENEFITS OF GOING
ALCOHOL-FREE PLUS
MOCKTAIL RECIPES TO TRY

WELLNESS MOCKTAILS

Sip Smarter

What Are Mocktails?

Simply put, mocktails are cocktails without the alcohol. They combine flavorful ingredients like sparkling water, fruit, herbs, botanicals, teas, and wellness-supporting ingredients to create a delicious drink you can enjoy any time of day.

The result? Beautiful drinks that support your wellness goals while still feeling fun, social, and satisfying.

Why Are They Trending?

Many people report that reducing alcohol helps support:

- Better sleep quality
- More consistent energy
- Healthier eating habits
- Improved recovery from exercise
- Weight-management goals
- Overall well-being

Why Ingredients Matter?

My Favorite Wellness Mocktail Ingredients

✨ **Vivix** – A concentrated blend of polyphenol-rich botanicals that supports healthy aging and helps nourish the body from the inside out.

✨ **BioCell Life+** – Features collagen, hyaluronic acid, and bioactives that support healthy skin, joints, and connective tissue.

✨ **Triple Defense Boost** – A delicious blend of vitamin C, quercetin, and botanicals designed to support immune health year-round.

💧 **Hydration & Focus** – Electrolytes plus ingredients that support hydration, mental clarity, focus, and sustained energy.

🌿 **Protein Seltzer** – A bubbly lime-forward way to get 40g protein at 160 calories

✨ **Ashwagandha** – A well-known adaptogen that supports balance, calm, and overall well-being.

🍋 **Lemon Balm** – A favorite herb for promoting relaxation and helping create a calming evening ritual.

🍒 **Tart Cherry Juice** – Naturally rich in antioxidants and often enjoyed as part of a restful nighttime routine.

💜 **Hibiscus Tea** – Vibrant, refreshing, and packed with naturally occurring antioxidants.

🍊 **Fresh Citrus** – Bright flavor, beautiful color, and a refreshing boost to any mocktail.

🌿 **Fresh Herbs** – Mint, basil, rosemary, and thyme add flavor, aroma, and an elevated cocktail experience.

💧 **Sparkling Water** – The perfect alcohol-free foundation for light, refreshing mocktails



ALCOHOL & YOUR HEALTH

What science says

Most people think having a drink now and then won't do much harm. But research shows there's no 'safe' amount of alcohol that doesn't harm your health. The World Health Organization has designated alcohol a Group 1 carcinogen.

Alcohol is a toxin. Plain and simple. Drinking alcohol affects several organs and systems in your body.

Here are some of the ways alcohol can take a toll on your health:

Alcohol's Effects on the Body

- **Brain:** Alcohol slows the nervous system down making it harder to think, speak, and move. Heavy drinking also increases the risk of stroke.
- **Heart:** Drinking too much damages the heart. This can lead to high blood pressure and increase the risk of heart disease.
- **Digestive system:** Alcohol irritates the stomach lining which can lead to gut inflammation. Not to mention, it impairs the absorption of nutrients.
- **Pancreas:** Alcohol inflames the pancreas. Over time, this can lead to pancreatitis and affect its ability to make digestive enzymes.
- **Blood sugar:** Alcohol spikes your blood sugar. Consuming it too often can increase the risk of developing diabetes.
- **Immune system:** Alcohol weakens the immune system, harming your body's ability to fight off infections.
- **Bones:** Long-term drinking can weaken bones and increase the risk of osteoporosis.
- **Liver:** Your liver has to break down alcohol. Each time you drink, it damages liver cells. This creates inflammation and can cause scarring or cirrhosis of the liver.

KEEPING MOCKTAILS HEALTHY

Top Tips

Not all mocktails are created equal. Many mocktails replace booze with sugary syrups, soda and other empty calories. Or they sneak in artificial sweeteners or colors.

Others are infused with fresh herbs, spices, and fresh fruit. So ingredients matter!

Here's a look at some of the best mocktail ingredients:



Healthiest Mocktail Ingredients

- Sparkling mineral water
- Unsweetened cranberry juice
- Pomegranate juice
- Lime or lemon juice
- Grapefruit juice
- Kombucha
- Green tea
- Iced tea
- Peppermint tea
- Coconut water
- Coconut milk
- Pieces of fresh fruit or veggies (berries, pineapple, oranges, jalapeno, etc.)
- Fresh herbs (such as mint, rosemary, cilantro, basil)
- Spices (like cinnamon, cardamom, cloves, nutmeg, cayenne pepper)
- Alcohol-free cocktail bitters

BIOCELL LIFE+

Glow Mocktails

3 REFRESHING RECIPES TO NOURISH + GLOW



Hibiscus Rose Fizz

- 1 oz Liquid BioCell Life+
- 1 cold-brewed hibiscus tea bag steeped
- Squeeze of fresh orange
- Splash of sparkling water



Ginger Lemon Glow

- 1 oz Liquid BioCell Life+
- 8 oz sparkling water
- 1 oz fresh lemon juice
- 1 tsp fresh grated ginger (or a few slices)
- ½ tsp raw honey (optional)



Berry Glow Mocktail

- 1 tbsp Liquid BioCell Life+
- 8 oz sparkling water
- ¼ cup muddled strawberries
- Squeeze of lemon
- Ice



Immunity Mocktails

6 REFRESHING RECIPES TO SUPPORT + DEFEND



Berry Sparkler

- 1 tsp Vivix
- 1 packet Triple Defense Boost
- 1 packet Elderberry Energizing Tea
- 1 can ginger, lime, or grapefruit sparkling water



Peachy Berry Immune

- 1 tsp Vivix
- 1 packet Triple Defense Boost
- 1 packet Peach Energizing Tea
- 8 oz water (flat or sparkling)
- Ice
- Fresh fruit garnish



Triple Berry Mint

- 1 tsp Vivix
- 1 packet Triple Defense Boost
- 1 packet Elderberry Energizing Tea
- 8 oz water (flat or sparkling)
- Mint leaves
- Raspberries
- Ice



Berry Pineapple Splash

- 1 tsp Vivix
- 1 packet Triple Defense Boost
- 8 oz sparkling water
- 2 oz pineapple juice
- Squeeze of lime
- Ice



Cranberry Lime Fizz

- 1 tsp Vivix
- 1 packet Triple Defense Boost
- 6 oz cranberry-lime sparkling water
- 2 oz cranberry juice
- Squeeze of lime
- Ice



Triple Berry Daiquiri

- 1 tsp Vivix
- 1 packet Triple Defense Boost
- ½ cup strawberries
- ½ cup mango
- ¼ cup banana
- 8 oz coconut water

SPARKLING PROTEIN

Protein Seltzer Creations

4 REFRESHING RECIPES TO SIP + SATISFY



Lucky Green Apple Fizz

- 1 can Lemon-Lime Sparkling Protein
- ½ can plain seltzer
- 3 oz coconut water
- 2 oz green apple juice
- 4-5 fresh mint leaves



Citrus Margarita Refresher

- 1 can Sparkling Protein
- ½ can plain seltzer
- 3-4 cucumber slices
- 2 lime slices
- Fresh mint



Cranberry Spice Spritz

- 1 can Sparkling Protein
- ½ can plain seltzer
- 5 oz unsweetened cranberry juice
- Dash of cinnamon
- Fresh cranberries



Tropical Protein Fizz

- 1 can Sparkling Protein
- ½ can plain seltzer
- ½ cup pineapple juice
- Splash of light coconut milk
- Ice

More Ways to Sip

3 PROTEIN-PACKED FAVORITES



Cucumber Citrus Sparkler

- 1 can Sparkling Protein
- ½ can plain seltzer
- 4–5 cucumber slices
- 2 lime slices
- Ice
- Fresh mint (optional)



Berry Hibiscus Protein Fizz

- 1 can Sparkling Protein
- ½ can plain seltzer
- ¼ cup chilled hibiscus tea
- ¼ cup mixed berries
- Ice



Fruit Splash Protein Pops

- 1 can Sparkling Protein
- ½ can plain seltzer
- ½ cup strawberries
- ½ cup kiwi or pineapple
- Popsicle molds