

# WELCOME TO HAPPY JUICE

## How to Mix Happy Juice

Mix together in 16-20oz  
water:

- one packet grape Edge  
or one scoop of  
watermelon Edge
- one packet of Energy+
- one scoop of  
MentaBiotics (begin  
with 1/4 scoop and  
gradually increase over  
one month period)
- mix, add ice, and enjoy!

### SIDE NOTE:

Begin with 1/4 scoop and  
stowly increase over a  
one month period.

Once mixed, the  
mentabtiotics needs  
consumed within 30  
minutes.

## Too Sweet?



Try adding this to your mix:

- freshly squeezed lemon  
or lime juice
- a little lemonade
- a little cranberry juice

## Make it a slushy!



To a blender, add:

- freshly squeezed lemon  
or lime juice
- water
- Edge, Energy,  
Mentabiotics
- fresh or frozen  
fruit/melon of choice
- ice (if needed)

## Make it fancy!



Mix:  
Edge, Energy, Mentabiotics  
sparkling water

Pour over ice  
add berries or frozen fruit  
(optional)  
froth some cream and add  
to your fancy HJ drink!

# HAPPY JUICE

## THE MENTAL WELLNESS DRINK

### HOW TO MIX

16-20oz water:

- one packet grape Edge or one scoop of watermelon Edge
- one packet of Energy+
- one scoop of MentaBiotics
- mix, add ice, and enjoy!

### MENTABIOTICS

Begin with 1/4 scoop and slowly increase over a one month period.

Once mixed, the mentabiotics needs consumed within 30 minutes.

### TOO SWEET?

Try adding this to your mix:

- freshly squeezed lemon or lime juice
- a little lemonade
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### MAKE A SLUSHY!

To a blender, add:

- freshly squeezed lemon or lime juice
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- Edge, Energy, Mentabiotics
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To a blender, add:

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### MAKE IT FANCY!

Mix:

Edge, Energy, Mentabiotics sparkling water

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- one packet grape Edge or one scoop of watermelon Edge
- one packet of Energy+
- one scoop of MentaBiotics
- mix, add ice, and enjoy!

## IMPORTANT INFO

Begin with 1/4 scoop of Mentabiotics and slowly increase over a one month period.

Once mixed, the Mentabiotics needs consumed within 30 minutes.



## TOO SWEET?

Try adding this to your mix:

- freshly squeezed lemon or lime juice
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16-20oz water:

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- one packet of Energy+
- one scoop of MentaBiotics
- mix, add ice, and enjoy!

### IMPORTANT INFO

Begin with 1/4 scoop of Mentabiotics and slowly increase over a one month period.

Once mixed, the Mentabiotics needs consumed within 30 minutes.

### TOO SWEET?

Try adding this to your mix:

- freshly squeezed lemon or lime juice
- a little lemonade
- a little cranberry juice

### MAKE A SLUSHY!

To a blender, add:

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