



MARTINE
Carroll
MINDSET NUTRITION FITNESS

Sip On These All-Natural Teas for Happier Digestion and a Boost of Energy - Minus the Nasty Stuff!



RECIPES RECIPES RECIPES
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The enchanted recipes are classified according to the magical gifts they bestow upon the partaker.

Boost Your
PositivITEA



Feast your eyes upon these enchanting recipes, woven with the essence of water and ice. If you seek a touch of effervescence to brighten your day, heed this secret charm: replace still waters with those that sparkle!



Cleanse Teas - Digestive Aid

Peach & Mango

- ½ tsp Peach Herbal Beverage
- 1-2 caps of Mango Aloe Concentrate
- Add to 250ml water

Cinnamon & Grape

- ½ tsp Cinnamon Herbal Beverage
- 1- 2 caps Grape Aloe Concentrate
- Add to 250ml water

Lemon & Mandarin

- ½ tsp Original Herbal Beverage
- 1-2 caps Mandarin Aloe Concentrate
- Add to 250ml water

Loaded Teas – With Electrolytes For Ultimate Hydration



Raspberry Bliss

- 1-2 caps Grape Aloe Concentrate
- ½ tsp Peach Herbal Beverage
- 1 scoop CR7 Drive
- 1 tbsp Frozen or Fresh Raspberries
- Add to 250ml water

Peach Paradise

- 1-2 caps Mandarin Aloe Concentrate
- ½ tsp Peach Herbal Beverage
- 1 Sachet Hydrate
- Add to 250ml water

Loaded Teas – With Electrolytes For Ultimate Hydration

Hubba Bubba Grape

- 1-2 caps Grape Herbal Aloe Concentrate
- ½ tsp Original Herbal Beverage
- 1 Sachet Hydrate
- Add to 250ml water



Boosted Teas – Vitamin Energy Enhancer

Lime Cola

- 1-2 cap Mandarin Aloe
- ½ tsp Cinnamon Herbal Beverage
- 1 Lime Lift Off
- Add to 250ml water

Lime Ade

- 1-2 caps Mango Aloe
- ½ tsp Original Herbal Beverage
- 1 Lime Lift Off
- Add to 250ml water

Sunshine in a Cup

- 1-2 caps Mango Aloe
- ½ tsp of Original Herbal Beverage, Beverage
- 1 Orange Lift Off
- Add to 250ml water



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Boosted Teas – Vitamin Energy Enhancer

Citrus Explosion

- 1-2 caps Mandarin Aloe
- 1 Sachet Hydrate
- 1 Orange Lift Off
- Add to 250ml water

Acai Berry Blast

- 1 cap Mandarin Aloe
- ½ tsp of Original Herbal Beverage
- 1 Sachet Hydrate
- 1 Lime Lift Off
- 1 scoop of CR7 Drive
- Add to 250ml water

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Boosted Teas – Vitamin Energy Enhancer

Collagen Crush

- 1 cap Original Aloe
- ½ tsp of Original Herbal Beverage
- 1 Lime Lift Off
- 1 scoop of Collagen Powder Strawberry Lemonade
- Add to 250ml water

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**Give me a shout, and I'll hook you up
with all the yummy ingredients for
your favorite flavor!**



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