

WHAT IS A SILVER LINING LESSONS LOADED TEA?

A loaded tea is a drink with vitamins, aloe, caffeine & flavoring mixed with water. The SLL method uses a combination of 4C Energy Rush, Waka pure instant tea & Nutricost guarana powder, which work together as a bridge between immediate & extended release caffeine to stay alert without the crash.

THE BASICS:

4C ENERGY RUSH

This gives the lightly carbonated and caffeinated elements of the loaded tea while providing vitamins & a burst of immediate release energy.



WAKA INSTANT TEA

It's not a loaded "tea" without tea! Waka is a high quality, pure instant tea that is a natural caffeine with an extended release effect. Their teas are sugar free, come in many flavors & are the best price per serving.

NUTRICOST GUARANA

Guarana powder is another form of natural caffeine with an even more extended release. It's not a critical ingredient, as it offers no flavor, but it enhances the caffeine content for those looking for an extra boost.



FRUIT OF THE EARTH ALOE VERA JUICE

This helps with color separation and is said to help with digestive health while also adding vitamins & antioxidants. This step is optional.

FLAVORED DRINK MIXES

You can find tons of flavored mixes at places like Walmart, grocery stores, and even most discount or dollar stores.

