



# YOUR GUIDE TO ALCOHOL SWAPS

Choosing to reduce or eliminate alcohol is one of the most powerful steps you can take for your health. From improving sleep, digestion, and hormone balance to reducing inflammation and anxiety, the benefits are wide-reaching and often immediate. Alcohol may be socially normalized, but it's a known toxin that disrupts the gut, taxes the liver, and impairs brain and immune function over time.

Whether you're quitting completely or just cutting back, this guide is here to support you. We've matched satisfying alcohol-free alternatives based on what you love—beer, wine, cocktails, or bubbly—so you can still enjoy the ritual, flavor, and refreshment without compromising your health.

**A quick note: If you're in recovery or navigating alcohol addiction,** some options in this guide may feel too close to the original and could trigger cravings. Even beverages labeled “non-alcoholic” can carry familiar tastes, smells, or emotional associations. It's important to choose what truly supports long-term well-being, and to reach out for professional support if needed.

You're making a smart choice, and we hope this guide supports better health and lasting change.

## If You Love Beer...

Craving something cold, bitter, and bubbly?

### 1 HOP wtr



Carbonated water, hop essence, natural flavors, black tea extract, ashwagandha & L-theanine. Contains adaptogens, zero calories / sugar.



## If You Love Beer...

### 2 HOPTEa



Similarly hops-forward and naturally flavored

### 3 Athletic Brewing



Non-alcoholic craft beers (IPA, amber, stout)

**Caution:** aluminum cans may leach aluminum if stored long-term or with acidic contents.

*Note: "Natural flavors" is a broad term that can include undisclosed additives, including compounds similar to MSG. For those with sensitivities, it's best to contact the manufacturer directly to understand what's actually included to flavor the product.*

## Glass alternatives:

- Seek small-batch bottled non-alcoholic beers from microbrewers
- DIY hops-infused sparkling water:
  - a. Steep 1–2 tsp dried hops in cold water for 1–2 hours in glass
  - b. Strain, then top with chilled sparkling water
  - c. *Alternative:* brew a hops tea (steep in hot water), chill, and mix half-and-half with sparkling water. Add citrus or natural sweetener to taste.



## If You Love Wine...

Wine lovers often seek sophistication, ritual, and layered flavor.

### 1 Surely Wines



Dealcoholized (trace alcohol); check label for “natural flavors”

### 2 Noughty.



0.0% sparkling rosé

### 3 Leitz Eins Zwei Zero



Non-alcoholic Riesling & Pinot Noir

**DIY Option:** 100% grape juice + splash of apple-cider vinegar in glass



## If You Love Cocktails & Spirits (Gin, Whiskey, Tequila, Vodka, Rum)...

It's about the flavor notes (botanicals, spice, citrus) and the ritual of mixing:

### 1 Ritual Zero Proof



Non-alcoholic alternatives for gin, whiskey, tequila, and rum

### 2 Lyre's Spirits



Broad range including Dry London Spirit (gin), American Malt (whiskey), White Cane (light rum), and Dark Cane (dark rum)

### 3 Monday Spirits



Offers gin, whiskey, and rum alternatives



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### 4 Seedlip



Distilled, alcohol-free blends (Spice, Garden, Citrus);  
crafted from botanicals for mixing, not spirit imitation

### 5 Optimist Botanicals



Distilled, alcohol-free blends for mixing; Bright, Fresh, and  
Smokey feature unique botanicals, not spirit imitations

### 6 CleanCo Clean V



One of the few vodka-style alcohol-free spirits; crisp with  
subtle spice

*Note: "Natural flavors" may be present in many of these and can include undisclosed additives, including compounds similar to MSG. If sensitive, contact the manufacturer to clarify ingredients.*



## If You Love Bubbly...

It's about celebration, fizz, and lightness:

### 1 TÖST



A dry, sparkling white tea blend with white cranberry and ginger; crisp and lightly sweet without being sugary

### 2 Noughty Sparkling Rosé



Dealcoholized wine with soft bubbles and a crisp finish; made from organic grapes

### 3 Surely Sparkling White/Rosé



Dealcoholized wine and lightly carbonated for a refreshing, dry sip

**DIY:** sparkling water + pear/white-grape juice + mint, served in a champagne flute