

ActivatedYou by Maggie Q launches Morning Lift daily mushroom + coffee

01 January 2026 | News

A certified organic instant coffee infused with functional mushrooms and superfoods designed to elevate brain power, boost metabolism, and support gut health



A certified organic instant coffee infused with functional mushrooms and superfoods designed to elevate brain power, boost metabolism, and support gut health

ActivatedYou announced the official launch of Morning Lift, a cutting-edge daily coffee blend designed to upgrade your mind, metabolism, and overall wellness. This Certified Organic instant coffee is uniquely infused with six potent mushroom extracts, organic superfoods, and natural MCTs to deliver smooth, sustained energy without the jittery crash of traditional caffeinated beverages. Crafted for anyone seeking better focus, balanced digestion, and a faster, cleaner-burning metabolism, ActivatedYou Morning Lift offers a powerful new way to start your day, with one simple scoop.

ActivatedYou Morning Lift is a daily brain and metabolism support coffee formulated to help you feel sharper, lighter, and more energised from the moment your day begins. This instant, Certified Organic blend combines premium coffee with functional mushrooms, antioxidant-rich botanicals, and metabolism-boosting MCTs, offering a smooth, balanced boost to your:

Mental clarity and focus

Energy and mood

Digestion and gut balance

Metabolic efficiency and fat-burning potential

Designed for convenience and impact, ActivatedYou Morning Lift delivers its benefits in a single, delicious scoop, perfect for busy mornings, wellness routines, and anyone seeking a natural, science-based upgrade to their daily coffee ritual.

Key Ingredients in ActivatedYou Morning Lift

Lion's Mane: This powerful brain-supporting mushroom is known for helping promote sharper focus, quicker thinking, and long-lasting mental clarity. Lion's Mane is often used to support cognitive performance, memory, and productivity, making it a top functional mushroom for daily brain health.

Cordyceps: Cordyceps is a renowned energy-boosting mushroom that supports natural ATP production at the cellular level. This helps promote steady, clean energy, improved stamina, and enhanced mental alertness, without jitters or crashes.

Turkey Tail: Turkey Tail mushrooms are rich in beta-glucans and gut-nourishing prebiotics that help support smoother digestion, a balanced microbiome, and a healthier metabolism. This functional mushroom may also help reduce cravings and support immune health.

Chaga: Known as one of the most antioxidant-dense mushrooms on the planet, Chaga helps combat free-radical damage, support healthy ageing, and promote collagen production for firmer, more youthful-looking skin. Its natural antioxidants also support immune health and whole-body vitality.

Reishi: Nicknamed the "Mushroom of Immortality," Reishi supports a calm stress response, balanced mood, immune function, and overall wellness. This adaptogenic mushroom helps your body maintain resilience and balance throughout the day.

Medium-Chain Triglycerides (MCTs): These easily absorbed healthy fats help promote ketone production, the body's preferred clean-burning fuel for metabolism, energy, and brain function. MCTs are key for supporting fat burning, mental clarity, and smoother, longer-lasting energy.

Cacao: Organic cacao adds a naturally rich, chocolatey flavour while delivering mood-supporting polyphenols and antioxidants. These compounds help encourage better focus, improved cognitive performance, uplifted energy, and overall mental well-being.