

Love our tea as much as we do
or we'll gladly refund your money.

Inspire us and yourself
at www.yogiproductions.com

YOGI®
A product of
Golden Temple of Oregon, LLC
950 International Way, Springfield, OR 97477
www.yogiproductions.com

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 • recyclable
• non-irradiated
• oxygen-bleached tea bags
Please recycle this box.



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- Yogi Principles**
- ≈ Tasting great is essential, but it isn't enough. If what we make doesn't taste great and leave you feeling great, we won't make it.
 - ≈ We think before we blend. How will our recipes work with body and mind?
 - ≈ Health is found in nature. We work with what nature already offers rather than trying to concoct it. We don't have laboratories. We have kitchens.
 - ≈ Creative combinations can optimize what nature has to offer. Ever added peppermint to ginger? They work together to produce a remarkably fresh and invigorative taste...and a remarkable level of energy.
 - ≈ Whenever possible, we work with wholes, not parts. For instance, we don't add vitamin C. We add rose hips, which are naturally rich in vitamin C.



*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

soothing cup of Kava Stress Relief.

Set Your Mind Free with Kava Stress Relief®

When stress has a hold on you, take a break and brew a cup of Kava Stress Relief. Native to Oceania and the South Pacific Islands, Kava has traditionally been cultivated for its power to calm the body and mind and encourage a good night's sleep. Kava is also recognized for its ability to

promote a state of relaxed awareness without

compromising mental functions.* Yogi's Kava Stress Relief

tea combines this relaxing herb with Cinnamon and

Sarsaparilla to add warmth and spice, and Carob Pod for

rich flavor. Relax and find tranquility with a warm,

Yogi

Kava Stress Relief®

EASES TENSION AND PROMOTES RELAXATION*
100% NATURAL~HERBAL TEA SUPPLEMENT



To help protect our forests and reduce landfill burden, Yogi tea cartons use 100% Recycled Paperboard, 55% Post Consumer Waste, and are printed with environmentally-friendly vegetable-based inks.

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Kava Root Extract	78 mg	†
Kavalactones (30%)	23.4 mg	†
Proprietary Blend of Herbs:	1,961 mg	
Carob Pod		†
Indian Sarsaparilla Root		†
Organic Cinnamon Bark		†
Organic Ginger Root		†
Cardamom Seed		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Organic Barley Malt, Natural Hazelnut Flavor, Natural Cinnamon Oil, Natural Licorice Flavor.

WARNING: Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use or use with products that cause drowsiness may impair your ability to operate a vehicle or heavy equipment.

Golden Temple of Oregon, LLC
Springfield, Oregon 97477



Yoga to Let It All Go

Sit cross-legged or in a chair with spine straight and feet flat. Rest left hand on left knee with middle finger behind index finger and other two fingers locked down with thumb. Raise right hand to chin level with index finger pointed up and other fingers curled under thumb. Close your eyes and move index finger rapidly in small circles for 1 to 3 minutes. Then take a few deep breaths and relax.

Before doing this exercise or participating in any exercise program, consult your physician.

Get the Most Out of Every Cup
Bring water to boiling and steep 5 to 10 minutes. To help melt away the stress, enjoy a daily cup of Kava Stress Relief. For a stronger effect, use 2 tea bags. Or, especially challenging days, drink 3 to 4 cups.



Kava Stress Relief®

EASES TENSION
AND PROMOTES RELAXATION*
100% NATURAL~HERBAL TEA SUPPLEMENT

16 TEA BAGS - NET WT 1.27 OZ (36g) - CAFFEINE FREE