

Supplement Facts

Serving Size 1 tea bag (2.2g)

Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	2.2g	
Organic Spearmint (<i>Mentha Spicata</i>) Leaf		†
Organic Marshmallow (<i>Althea Officinalis</i>) Root		†
Organic Lemon Balm (<i>Melissa Officinalis</i>) Leaf		†
Organic Chamomile (<i>Matricaria Recutita</i>) Flower		†
Organic Red Raspberry (<i>Rubus Idaeus</i>) Leaf		†

† Daily Value not established

Consult your healthcare provider before using this product during pregnancy or when breastfeeding, or if symptoms persist or worsen. DO NOT USE if you are allergic to plants of the daisy (Asteraceae/Compositae) family. Discontinue use immediately if any allergic reaction occurs.



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Certified Organic by Oregon Tilth • Certified Kosher by EarthKosher

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

810-141-05

EARTH MAMA TEAS

Formulated for pregnancy plus!

Organic Morning Wellness Tea
Organic Heartburn Tea
Organic Stress Less Tea
Organic Raspberry Leaf Tea
Organic Third Trimester Tea

Formulated for after baby arrives
(NOT for use during pregnancy)

Organic Periodic Tea
Organic Milkmaid Tea
Organic No More Milk Tea

Earth Mama teas can be used while breastfeeding! Organic No More Milk Tea may be used while breastfeeding if the intention is to reduce breast milk production.

♥ MAMA'S PROMISE*

Mama's Promise is this: trusted herbal products that work, naturally. If it doesn't measure up to Mama's standards, it doesn't leave the building. Promise. (Seriously!)

UGH, PREGNANCY HEARTBURN. It's the worst. Heartburn is the worst in general, but pregnancy heartburn is just...unjust. We're sorry. Here. We made this for you.

earth
mama®

· ORGANICS ·

100% Organic
Heartburn
Tea

Helps Relieve
Occasional Indigestion*

Soothing, Cooling
Mellow Mint

Herbal Tea Supplement

Caffeine Free

16 Tea Bags

1.23 oz. net wt. (35 g.)



Grounded in Nature, Powered by Love.™



HERBAL TEA HOW-TO

Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1-4 cups per day, or as recommended by your healthcare provider.

HEARTBURN TEA

Is your heart burning — in a special gastrointestinal way? *Organic Heartburn Tea* is a soothing mellow mint blend of marshmallow root, lemon balm, chamomile and spearmint, with astringent red raspberry leaf. Formulated for pregnancy with herbs traditionally used to relieve occasional heartburn, acid reflux, and indigestion.* Not pregnant? It'll still help: this tea feels super-settling after meals — feel free to tell your dad.

IT'S NOT FLUFF

Marshmallow (*Althaea officinalis*) root is gooey, sure, but otherwise nothing like the thing you roast on a stick! It's been used for centuries to help ease and coat the digestive tract, like a nice comfy little blanket.

We know. Your stomach seems like the size of a small walnut right now — a cracker could send you over the edge. It's OK. It's all for a good cause.