

Supplement Facts

Serving Size 1 tea bag (2.3g)

Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	2.3g	
Organic Ginger (<i>Zingiber Officinale</i>) Root		†
Organic Spearmint (<i>Mentha Spicata</i>) Leaf		†
Organic Chamomile (<i>Matricaria Recutita</i>) Flower		†
Organic Orange (<i>Citrus Sinensis</i>) Peel		†
Organic Lemon Balm (<i>Melissa Officinalis</i>) Leaf		†
Organic Peppermint (<i>Mentha Piperita</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.

800-211-06

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!)

Not feeling the whole "glowy pregnant lady" thing? It's OK. You could be feeling more like a bloated moose that just got off the tilt-a-whirl — but you're still amazing.


earth
mama®
· ORGANICS ·

100% Organic
Morning
Wellness Tea

Helps Relieve Occasional
Pregnancy Nausea*

Comforting
Ginger Mint

Herbal Tea Supplement

Caffeine Free

16 Tea Bags

1.3 oz. net wt. (37 g.)



Grounded in Nature. Powered by Love.™



HERBAL TEA HOW-TO

Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1-2 cups per day, or as recommended by your healthcare provider.

MORNING WELLNESS TEA

We believe in the power of words: therefore, we make stuff for *wellness* in the morning, not sickness. *Organic Morning Wellness Tea* is a ginger-minty blend of organic herbs traditionally used to help prevent occasional morning sickness and pregnancy nausea.* Formulated for pregnancy (and beyond!) with settling ginger root, chamomile and lemon balm, a hint of mint and a twist of orange peel for a citrus pop of flavor. Especially comforting when every little smell is no bueno and "morning" sickness lasts all day long.

GINGERLY YOURS

Knobby *ginger root* (*Zingiber officinale*) is the ugly duckling of herbs, but it shines in grandma's famous gingerbread. It also has remarkable non-culinary qualities, like being used traditionally for its ability to reduce occasional nausea and vomiting associated with pregnancy.*

Nibble station: Nib-bul stay-shun! (noun) Pregnancy resting areas around the house equipped with easily digested foods to keep your tums from getting totally empty and thus nauseated.