

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 Red Raspberry (<i>Rubus idaeus</i>) Leaf		†
Organic Stinging Nettle (<i>Urtica dioica</i>) Leaf		†
Organic Oatstraw (<i>Avena Sativa</i>)		†
Organic Spearmint (<i>Mentha Spicata</i>) Leaf		†
Organic Rosehips (<i>Rosa Canina</i>)		†
Organic Chamomile (<i>Matricaria Recutita</i>) Flower		†
Organic Alfalfa (<i>Medicago Sativa</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.

810-301-09

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!)

Yay for your uterus! It started off the size of your fist, and look at it now! Sit back, kick up your feet, and revel in your body's baby-making amazement. You done good.

earth
mama®

• ORGANICS •

100% Organic Third Trimester Tea

Helps Support the Unique
Needs of Late Pregnancy

Fragrant Herb
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 1-3 cups per day, or as recommended by your healthcare provider.

THIRD TRIMESTER TEA

You. Are. Almost. There! Yay! So we made this for you: *Organic Third Trimester Tea* is a hearty blend of stinging nettles, chamomile, rosehips, oatstraw and red raspberry leaf, traditionally used to nurture your third trimester self and to prepare for labor.* It's a time-honored blend for the occasional leg cramp that can...um...CRAMP your style in the third trimester.*

JUST THE NETTLE

Stinging nettles (*Urtica dioica*) are forest herbs harvested to eat steamed, boiled, or dried – taking out the bite but not the traditional goodness, like vitamins, minerals, and support for seasonal allergies. The famous sting – not unlike a bee's – comes from fine hair-like filaments. Amazingly, the plant's own juice can help. Nature, sometimes, it just blows the mind.

You're almost there, mama! A good birth plan can help you feel prepared — just remember to be flexible: Babies can't read.