Yogi®

Breathe Deep®

SUPPORTS RESPIRATORY HEALTH*

100% NATURAL ~ HERBAL SUPPLEMENT

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USDA ORGANIC

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16 TEA BAGS – NET WT 1.12 OZ (32g) – CAFFEINE FREE

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Eucalyptus Leaf	240 mg	†
Organic Thyme Leaf	138 mg	†
Proprietary Blend of Herbs:	1,612 mg	
Organic Licorice Root		†
Organic Tulsi Leaf		†
Organic Ginger Root		†
Organic Cinnamon Bark		†
Organic Elecampane Root		†
Organic Peppermint Leaf		†
Organic Cardamom Seed		†
Organic Mullein Leaf		†

† Daily Value not established.

Other Ingredients: Natural Licorice Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing, taking any medication or if you have a medical condition.

East West Tea Company, LLC
Springfield, Oregon 97477
Certified Organic by QAI, Inc.

Take a Moment to Breathe Deep®

Relax and breathe in the enchanting aroma of a steaming cup of Yogi Breathe Deep tea. This certified organic blend of herbs is purposefully formulated to support respiratory health. Traditionally used to support free breathing, we include **Thyme** and soothing, aromatic **Eucalyptus**. Warming spices **Cinnamon**, **Cardamom** and **Ginger**, combine with **Licorice** for a naturally spicy-sweet blend. Enjoy this tea plain or with a little honey, and experience delight with every steaming cup of Breathe Deep tea.*

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

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 innovative taste... and a remarkably invigorating experience.
- **Whenever possible, we work with wholes, not parts.** We blend with whole spices and botanicals for their natural goodness – we don't supplement with vitamins and minerals.

YOGI®
A product of East West Tea Company, LLC
950 International Way, Springfield, OR 97477, U.S.A.
www.yogiproducts.com

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

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BEST BEFORE: 02 14 2015

Yoga for a Breath of Fresh Air

Stand with feet parallel. Inhale and draw your tailbone under, engaging the navel. Stretch arms above the head and lengthen the space between the vertebrae as you slowly lean backward. Be sure to actively work your legs and extend your back. Breathe deeply and relax into the pose.

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. For a stronger tea, use 2 tea bags. Drink 2 to 3 cups a day.