Yogi

Healthy Fasting™

SUPPORTS DETOXIFICATION WHILE DIETING*

100% NATURAL~HERBAL SUPPLEMENT

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MADE WITH ORGANIC RED CLOVER

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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
Garcinia Cambogia Fruit Extract	72 mg	†
Proprietary Blend of Herbs:	1,586 mg	
Organic Fennel Seed		†
Organic Licorice Root		†
Organic Cinnamon Bark		†
Organic Red Clover Leaf and Flower		†
Organic Alfalfa Leaf		†
Organic Hawthorn Berry		†
Cardamom Seed		†
Organic Ginger Root		†
Organic Burdock Root		†
Organic Dandelion Root		†
Yellow Dock Root		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Barley Malt, Natural Passion Fruit Flavor, Natural Plum Flavor, Natural Cinnamon Bark Oil, Natural Cardamom Seed Oil, Natural Ginger Root Oil.

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

Yogi Products
Springfield, Oregon 97477
Certified Organic by QAI, Inc.

Detoxify as You Diet with Healthy Fasting™

Detoxification plays an important role in dieting and fasting, so look to our Healthy Fasting tea as part of your plan. Our flavorful blend of traditional herbs including **Licorice** and **Garcinia Cambogia**, can help detoxify the body and support digestion as you diet. A blend of **Organic Red Clover** with **Burdock** and **Dandelion** supports the liver in eliminating toxins. Finally, we add **Fennel** and **Cinnamon Bark** that can help maintain circulation and healthy digestion. Enjoy Healthy Fasting as a tasty addition to your dieting or fasting program!*

*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.

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Yoga to Feed Your Mind

Sit cross-legged or in a chair with spine straight and feet flat. With eyes closed, block right nostril with right hand and inhale slowly through left nostril. Hold breath as long as possible, then release slowly and hold out as long as possible. Continue for 1 to 3 minutes.

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 up to 10 cups throughout the day.

YOGI®
A product of Yogi Products
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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