

Yogi®



Yoga to Let It All Go

Lie flat on your back. Arms are by your sides, palms up. Eyes are gently closed; breath is soft and normal. Totally and completely relax.

Continue for 3 to 11 minutes.

Please ask your doctor if this exercise is suitable for you.



Our story began

in 1969 when Yogi Bhan, an inspirational teacher of holistic living, started teaching yoga in the West. While sharing his wisdom and knowledge of herbs and healthy living, he would serve his students an aromatic spiced tea they affectionately named "Yogi Tea".

Bedtime®

SUPPORTS A GOOD NIGHT'S SLEEP*



CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT .85 OZ (24g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Passionflower Extract	33 mg	†
Organic Valerian Root Extract	20 mg	†
Proprietary Blend of Herbs:	1,407 mg	
Organic Licorice Root		†
Organic Chamomile Flower		†
Organic Spearmint Leaf		†
Organic Skullcap Leaf		†
Organic Cardamom Pod		†
Organic Cinnamon Bark		†
Organic Rose Hip		†
Organic Lavender Flower		†
Organic Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Organic Orange 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
Eugene, OR 97402
Certified Organic by QAI, Inc.



Say Goodnight with Bedtime®

This comforting and delicious blend combines soothing Passionflower and relaxing Chamomile Flower. Licorice, Cardamom and Cinnamon add delicious warming flavor that's just right for drinking before bedtime. Relax and unwind with a cup of Bedtime® tea.*

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

Get the most out of every cup.
Bring water to boiling and steep 7 minutes.
For a stronger tea, use 2 tea bags.

At Yogi, it's about more than creating deliciously purposeful teas. Learn about our efforts to do good at home and around the world at yogiproductions.com/doing-good.

