

Echinacea
Immune Support

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	Amount Per Tea Bag	% Daily Value
Organic Echinacea Purpurea Root	144 mg	†
Echinacea Purpurea Root Extract	47 mg	†
Proprietary Blend of Herbs: 1,245 mg		†
Organic Peppermint Leaf		†
Organic Lemongrass		†
Organic Cinnamon Bark		†
Organic Licorice Root		†
Organic Spearmint Leaf		†
Organic Fennel Seed		†
Cardamom Seed		†
Organic Rose Hip		†
Organic Ginger Root		†
Organic Burdock Root		†
Organic Clove Bud		†
Organic Mullein Leaf		†
Stevia Leaf		†
Organic Black Pepper		†
Astragalus Root Extract		†
Black Elder Berry Extract		†

† Daily Value not established.
Other Ingredients: Organic Lemon Flavor,
Cinnamon Bark Oil, Cardamom Seed Oil,
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.East West Tea Company, LLC
Eugene, OR 97402
Certified Organic by QAI, Inc.This delicious, lightly sweet
tea is a blend of Echinacea,
herbs to support respiratory
function and an intriguing
combination of Peppermint,
Licorice and warming
spices.*

Cold Season

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs: 1,901 mg		†
Organic Ginger Root		†
Organic Licorice Root		†
Organic Eucalyptus Leaf		†
Organic Orange Peel		†
Organic Valerian Root		†
Organic Lemongrass		†
Organic Peppermint Leaf		†
Organic Tulsi Leaf		†
Organic Cardamom Pod		†
Organic Oregano Leaf		†
Organic Clove Bud		†
Organic Parsley Leaf		†
Organic Yarrow Flower		†
Organic Black Pepper		†
Organic Cinnamon Bark		†

† 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.Relax and enjoy a steaming
cup of this warming tea. The
blend includes Licorice,
Eucalyptus and Tulsi to support
respiratory function with
warming spices traditionally
used in Ayurveda.*

Yogi®

Cold Season
Sampler

A COLLECTION OF TEAS FOR SEASONAL SUPPORT

4 EACH OF 4 FLAVORS

CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.09 OZ (31g)

Breathe Deep®

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	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
Eugene, OR 97402
Certified Organic by QAI, Inc.Take in the enchanting aroma
of this soothing tea with
Licorice and Thyme to
support respiratory health
and Eucalyptus and warming
spices for a naturally
spicy-sweet flavor.*

Throat Comfort®

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	Amount Per Tea Bag	% Daily Value
Organic Wild Cherry Bark	218 mg	†
Proprietary Blend of Herbs: 1,932 mg		†
Organic Licorice Root		†
Organic Fennel Seed		†
Organic Cinnamon Bark		†
Organic Orange Peel		†
Organic Slippery Elm Bark		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Mullein Leaf		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

WARNING: Not recommended for use if
you are pregnant or nursing. Consult
your healthcare provider prior to use if
you are taking any medication, if you
have a medical condition or for daily use
beyond 4 to 5 weeks.East West Tea Company, LLC
Eugene, OR 97402
Certified Organic by QAI, Inc.Licorice Root and Slippery
Elm Bark are blended to help
ease minor throat irritation,
and Wild Cherry Bark and
Orange Peel help soothe and
add sweet flavor in this
comforting herbal tea.*

VEGAN



Certified



Certified



Certified



Certified



Certified

Yoga to Open the Chest
and LungsStand with feet shoulder width apart and
hands hooked together with the thumbs.
Inhale and stretch up and back, exhale as
you reach forward and down. Keep your
upper arms hugging your ears so that you
move as a unit from the upper body.
Continue for 1 to 5 minutes.

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

Our story began in 1969 when
Yogi Bhajan, 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".

