



## Yoga to Support Stamina

Sit on your heels with your forehead on the ground. Interlace the hands into a basket at the small of the back with the palms down. Raise your hands and arms up high, away from the body. Use long, slow, deep breaths.

Continue for 1 to 3 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".

# Echinacea Immune Support

SUPPORTS IMMUNE FUNCTION\*



**CAFFEINE FREE**  
HERBAL SUPPLEMENT

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



# Yogi

## Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

|                                 | Amount<br>Per Tea Bag | % Daily<br>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.



## Support Your Health with Echinacea Immune Support

We blend Echinacea Root, widely used by herbalists to support immune function, with herbs traditionally used to support respiratory function.

With Peppermint, Lemongrass and Licorice, Echinacea Immune Support tea is a delicious way to support your immune system.\*

\*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. Drink 3-4 cups daily.

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](http://yogiproductions.com/doing-good).

