



Yoga to Revitalize

Sit on your heels, keeping your spine straight and your head level. Rest your hands on your knees. Breathe slowly and deeply through the nose for 3 to 11 minutes.

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



Our story began in 1969 when Yogi Bhaan, 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".

Yogi®

Ginger

SUPPORTS HEALTHY DIGESTION*



CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.12 OZ (32g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	2,000 mg	
Organic Ginger Root		†
Organic Lemongrass		†
Organic Licorice Root		†
Organic Peppermint Leaf		†
Organic Black Pepper		†

† Daily Value not established.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing.



East West Tea Company, LLC
Eugene, OR 97402
Certified Organic by QAI, Inc.



Savor the Tradition of Ginger

In Ayurveda, naturally warming Ginger has been traditionally used to support healthy digestion and activate the body's internal energy. Our Ginger tea features a unique blend of Lemongrass, Licorice, Peppermint and Black Pepper for a warming and spicy tea enjoyable any time of day.*

*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.

