



Yoga to Soothe Body and Mind

Lie flat on your back. Inhale as you bring your right knee to the chest and your left arm overhead to the ground. Exhale and return to the starting position. Switch legs and arms. Continue this alternating movement for 1 to 3 minutes while taking deep, powerful breaths.

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



Our story began in 1969 when Yogi Bhaajan, 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".

**DECAFFEINATED
HERBAL SUPPLEMENT**

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



Yogi®

Green Tea Kombucha Decaf

SUPPLIES ANTIOXIDANTS
TO SUPPORT OVERALL HEALTH*

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,846 mg	
Organic Decaffeinated Green Tea Leaf		†
Organic Lemongrass		†
Organic Spearmint Leaf		†
Organic Kombucha		†

† Daily Value not established.

Other Ingredients: Natural Passion Fruit Flavor, Natural Plum Flavor.

Each tea bag contains approximately 5 mg of caffeine, as compared to approximately 90 mg in 8 oz of coffee.

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



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



Support Overall Health with Green Tea Kombucha Decaf

This delicious blend combines naturally decaffeinated Green Tea with Kombucha to supply antioxidants to support your overall health.* Spearmint and Lemongrass along with Plum and Passion Fruit flavors harmonize for a light fruity flavor. Enjoy a bright and delightful cup of Green Tea Kombucha Decaf.

*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 just to boiling and steep 3 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.

