



Yoga for Longevity

Lie on your back and straighten legs overhead. Hold onto your toes and gently rock on your back. If you cannot hold your toes, try the ankles or behind the knees. Synchronize your breath with the movement. **Hold the pose for 3 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".



Green Tea Super Antioxidant

HELPS REDUCE FREE RADICALS*



CONTAINS CAFFEINE
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
Grapeseed Extract	27 mg	†
Emblic Fruit (Amla) Extract	27 mg	†
Proprietary Blend of Herbs:	1,946 mg	
Organic Lemongrass		†
Organic Green Tea Leaf		†
Organic Licorice Root		†
Jasmine Green Tea Leaf		†
Organic Alfalfa Leaf		†
Organic Burdock Root		†
Organic Dandelion Root		†

† Daily Value not established.

Each tea bag contains approximately 21 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 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.



Rejuvenate with Green Tea Super Antioxidant

Our blend of Green Tea along with Grapeseed and Amla Extracts supplies naturally potent antioxidants to help reduce free radicals. Lemongrass adds bright, citrus flavor, while Licorice and Jasmine Green Tea lend sweet and floral notes. Rejuvenate with a cup of Green Tea Super Antioxidant.*

*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.

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.

