



Yoga to Support Vitality

Sit cross-legged or in a chair with spine straight and feet flat. Stick your tongue all the way out and keep it out as you rapidly breathe through your mouth.

Continue this breathing for 1 to 3 minutes.

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



Our story began in 1969 when Yogi Bhanjan, 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

Green Tea Triple Echinacea

SUPPORTS IMMUNE FUNCTION*



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
Echinacea Purpurea Root Extract	26 mg	†
Black Elder Berry Extract	6 mg	†
Proprietary Blend of Herbs:	1,767 mg	
Organic Green Tea Leaf		†
Organic Lemongrass		†
Organic Spearmint Leaf		†
Organic Echinacea (Purpurea, Angustifolia, Pallida) Root		†
Organic Kombucha		†

† Daily Value not established.

Other Ingredients: Natural Orange Flavor, Natural Tangerine Flavor, Natural Licorice Flavor.

Each tea bag contains approximately 29 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.



Be Well with Green Tea Triple Echinacea

We blend three varieties of Echinacea Root with Elderberry, used in European traditional medicine for its immune-supporting properties. Green Tea supplies antioxidants, while Lemongrass and Spearmint add bright, refreshing flavor. Enjoy Green Tea Triple Echinacea throughout the day to support your well-being.*

*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.

