



Yoga to Feed Your Mind

Hold ring and small fingers with thumb, index and middle fingers straight. Arms are straight and parallel to floor, out to the sides with palms forward. Relax shoulders and keep neck straight. Begin circling your arms in small circles backwards. Breath is relaxed but deep. Continue for 1 to 3 minutes.

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".

Yogi

Healthy Fasting

SUPPORTS DETOXIFICATION
WHILE DIETING*



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
Garcinia Cambogia Fruit Extract	72 mg	†
Proprietary Blend of Herbs:	1,600 mg	
Organic Fennel Seed		†
Organic Licorice Root		†
Organic Cinnamon Bark		†
Organic Red Clover Leaf and Flower		†
Organic Alfalfa Leaf		†
Organic Hawthorn Berry		†
Cardamom Seed		†
Organic Ginger Root		†
Organic Clove Bud		†
Organic Burdock Root		†
Organic Dandelion Root		†
Organic Yellow Dock Root		†
Organic Roasted Chicory Root		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Toasted Brown Rice, Organic Brown Rice Flavor, Organic Caramel Flavor, Natural Passion Fruit Flavor, Natural Plum 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.



Detoxify As You Diet with Healthy Fasting

We combine Garcinia Cambogia with Fennel, Licorice and Red Clover along with Burdock and Dandelion Root to support healthy cleansing during a dieting or fasting program. With warming Cinnamon, Healthy Fasting tea makes for a tasty addition to an overall wellness plan of exercise and a balanced diet.*

*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 up to 10 cups throughout the day.

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 yogiproduts.com/doing-good.

