



Yoga to Energize the Throat

Sit cross legged and gently grasp your knees with your hands. Inhale as you shrug the shoulders up to ears. Exhale as you drop shoulders. Use powerful, deep breathing. Go at a comfortable speed for 1 to 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".

CAFFEINE FREE
HERBAL SUPPLEMENT

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



Yogi®

Honey Lemon Throat Comfort®

SOOTHES THE THROAT*



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,790 mg	
Organic Honeybush Leaf		†
Organic Lemongrass		†
Organic Licorice Root		†
Organic Peppermint Leaf		†
Organic Wild Cherry Bark		†
Organic Echinacea Root		†
Organic Black Pepper		†
Organic Slippery Elm Bark		†
Organic Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Organic Lemon Flavor, Organic Lemon Myrtle Flavor, Natural Honey Flavor.

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.



When You Need a Little Throat Comfort®

This herbal formula, flavored with Honey and Lemon, includes Wild Cherry Bark, traditionally used by native North Americans for its soothing effects. With Echinacea Root and a refreshing burst of Peppermint, a cup of gentle Honey Lemon Throat Comfort® tea is a comforting way to soothe your throat.*

*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 3-6 cups daily. To warm up or soothe the throat, such as for singing or public speaking, sip as needed 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 yogiproductions.com/doing-good.

