



Yoga for Youthfulness

Knees up, cross your left leg over your right, bring both knees down to the left side. Keep your shoulders on the ground. Use long, slow, deep breathing.

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®

Joint Comfort

SUPPORTS HEALTHY JOINTS*



DECAFFEINATED
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
Proprietary Blend of Herbs:	1,981 mg	
Organic Lemongrass		†
Organic Peppermint Leaf		†
Organic Decaffeinated Green Tea Leaf		†
Organic Turmeric Root		†
Organic Celery Seed		†
Organic Spearmint Leaf		†
Organic Devil's Claw Root		†

† Daily Value not established.

Other Ingredients: Organic Peach Flavor.

Each tea bag contains approximately 2 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.



When You Need a Little Joint Comfort

This formula combines naturally decaffeinated Green Tea, Turmeric Root, used for centuries in Ayurveda to promote joint health, and other herbs traditionally used to support the joints. Lemongrass and Peppermint Leaf add spirited flavor. Unwind with Joint Comfort tea for a delicious way to support your joints.*

*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 5 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.

