



Yoga to Rejuvenate the Body

Sit cross-legged. Inhale deeply. Exhale, hold the breath out, and pump your navel point in and out for as long as you comfortably can with the breath held out. When you need to, inhale, then exhale, and continue cycle for 1 to 3 minutes.

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

Lemon Ginger

SUPPORTS HEALTHY DIGESTION*



CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.27 OZ (36g)



Yogi

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,953 mg	
Organic Ginger Root		†
Organic Lemongrass		†
Organic Lemon Peel		†
Organic Licorice Root		†
Organic Peppermint Leaf		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Lemon Flavor, Natural Licorice Flavor, Citric Acid.

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.



Brighten Your Day with Lemon Ginger

Our Lemon Ginger tea is a lively blend that combines Ginger, used for centuries by Ayurveda practitioners for its warming properties and to support digestion, with tart Lemon and refreshing Peppermint. Enjoy a cup when your tummy needs a little taming or whenever you want a delicious herbal tea.*

*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.

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 yogiproducts.com/doing-good.



Our story began

in 1969 when Yogi Bhan, 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".