



Yoga to Rejuvenate

Sit cross-legged or in a chair with feet flat. Inhale deeply and exhale completely. Hold the breath out and pump your navel in and out for as long as you comfortably can. Continue exercise for 1 to 3 minutes. When needed, take another deep breath.

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".

Yogi®

Peach DeTox

HEALTHY CLEANSING FORMULA*



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
Proprietary Blend of Herbs:	1,878 mg	
Organic Cinnamon Bark		†
Organic Ginger Root		†
Organic Cardamom Pod		†
Organic Burdock Root		†
Organic Dandelion Root		†
Organic Clove Bud		†
Organic Licorice Root		†
Organic Orange Peel		†
Organic Yellow Dock Root		†
Organic Black Pepper		†
Organic Peach		†

† Daily Value not established.

Other Ingredients: Organic Peach Flavor, Organic Cinnamon Bark Oil, Organic Cardamom Seed Oil, Organic 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.



Renew with Peach DeTox

Traditionally used cleansing herbs Burdock and Dandelion combine with warming Cinnamon and Ginger and fruity Peach notes for an intriguing blend that supports healthy cleansing. Enjoyed as part of your wellness program, Peach DeTox tea is sure to leave you feeling revitalized.*

*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 yogiproductions.com/doing-good.

