



Yoga to Revitalize the Body

Crouch on the ground, balancing on your feet with your heels flat. Support your back against a wall if needed.

Hands are in a basket between the legs. Your hands are pointing toward the ground in front. Take long slow deep breaths. **Hold the pose for 2 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".



Soothing Mint Get Regular®

GENTLE HERBAL LAXATIVE*



CAFFEINE FREE
HERBAL SUPPLEMENT

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



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Senna Leaf	1,010 mg	†
Proprietary Blend of Herbs:	1,160 mg	
Organic Peppermint Leaf		†
Organic Anise Seed		†
Organic Stevia Leaf		†
Organic Dandelion Root		†
Organic Yellow Dock Root		†
Organic Licorice Root		†
Organic Celery Seed		†
Organic Coriander Seed		†
Organic Cinnamon Bark		†
Organic Amla Fruit (Amalaki)		†
Organic Belleric Myrobalan Fruit (Bibhitaki)		†
Organic Chebulic Myrobalan Fruit (Haritaki)		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Orange Flavor, Organic Cinnamon Bark Oil, Organic Cardamom Seed Oil, Organic Ginger Root Oil.

NOTICE: This product contains senna leaf. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. Not recommended for children under 12 years of age.



East West Tea Company, LLC
Eugene, OR 97402
Certified Organic by QAI, Inc.



When you Need a Little Soothing Mint Get Regular®

Our Soothing Mint Get Regular® tea begins with Senna Leaf, used for centuries to help provide relief for occasional constipation. We add a blend of dried fruits traditionally used in Ayurveda to help support the eliminative functions, and Peppermint, Anise and Cinnamon for a delicious tea to get things moving naturally.*

*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 best results, drink 1 cup before bedtime. Do not use in excess of 4 cups in 24 hours or for longer than 10 days.

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.

