



## Yoga for a Graceful Glow

Sit on heels, then lay back on the ground.  
Have your hands in a basket resting on your belly,  
directly over the navel point. Take short quick  
breaths 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".

# Soothing Rose Hibiscus Skin DeTox

SUPPORTS A HEALTHY GLOW\*



**CONTAINS CAFFEINE**  
HERBAL SUPPLEMENT

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



# Yogi®

## Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

|                                    | Amount<br>Per Tea Bag | % Daily<br>Value |
|------------------------------------|-----------------------|------------------|
| Proprietary Blend of Herbs:        | 1,728 mg              |                  |
| Organic Green Tea Leaf             |                       | †                |
| Organic Rose Petal                 |                       | †                |
| Organic Honeybush Leaf             |                       | †                |
| Organic Hibiscus Flower            |                       | †                |
| Organic Red Clover Leaf and Flower |                       | †                |
| Organic Cardamom Pod               |                       | †                |
| Organic Barberry Root              |                       | †                |
| Organic Orange Peel                |                       | †                |
| Organic Burdock Root               |                       | †                |
| Organic Dandelion Root             |                       | †                |
| Organic Yellow Dock Root           |                       | †                |
| Organic Stevia Leaf                |                       | †                |

† Daily Value not established.

**Other Ingredients:** Organic Rose Flavor, Organic  
Pomegranate Flavor.

Each tea bag contains approximately 12 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, 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 Soothing Rose Hibiscus Skin DeTox

Our skin reflects our diet and lifestyle choices:  
cleansing from the inside can help promote healthier  
skin. Soothing Rose Hibiscus Skin DeTox tea combines  
Rose Petal and Hibiscus - used in Ayurveda to soothe  
the skin - with Green Tea for a deliciously floral tea to  
support your healthy glow.\*

\*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, cover 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 [yogiproduts.com/doing-good](http://yogiproduts.com/doing-good).

