



Yoga to Enliven the Spirit

Sit back on your heels and place your forehead on the ground. Stretch your arms out in front of you straight. Palms are flat with the hands shoulder width apart. Continue for 1 to 3 minutes.

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".

Stomach Ease

SUPPORTS HEALTHY DIGESTION*



CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.02 OZ (29g)



Yogi

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Fennel Seed	337 mg	†
Proprietary Blend of Herbs:	1,361 mg	
Organic Licorice Root		†
Organic Cardamom Pod		†
Organic Coriander Seed		†
Organic Peppermint Leaf		†
Organic Ginger Root		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Toasted Brown Rice, Organic Brown Rice Flavor, Organic Caramel Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing.



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



Soothe with Stomach Ease

We combine perfectly sweet yet earthy Fennel Seed and Licorice with a refreshing combination of Peppermint and warming herbs Cardamom, Coriander and Ginger to help support digestion. Soothe your stomach with a warm cup of Stomach Ease tea, enjoyable any time of day or night.*

*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.

