



Yoga to Uplift Your Spirit

Sit cross-legged or in a chair with spine straight and feet flat. With eyes gently closed, inhale through your nose in four even sniffs and exhale in one long breath. Use your complete lung capacity and keep breaths smooth.

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®

Sweet Tangerine Positive Energy

SUPPORTS ELEVATED MOOD
AND ENERGY LEVELS*



CONTAINS CAFFEINE
HERBAL SUPPLEMENT

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



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,495 mg	
Organic Assam Black Tea Leaf		†
Organic Yerba Maté Leaf		†
Organic Lemongrass		†
Green Tea Leaf Extract		†
Stevia Leaf		†
Organic Ashwagandha Root		†
Organic Tulsi Leaf		†
Organic Shankhpushpi		†
Ginseng and Eleuthero Root Extracts (Asian Ginseng, American Ginseng and Eleuthero)		†

† Daily Value not established.

Other Ingredients: Natural Orange Flavor, Natural Tangerine Flavor, Natural Lotus Flower Flavor, Organic Orange Peel Oil, Citric Acid, Organic Lemon Myrtle Flavor.

Each tea bag contains approximately 80 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 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.



Smile with Sweet Tangerine Positive Energy

Sweet Tangerine Positive Energy tea combines herbs traditionally used to uplift the spirit and a blend of Assam Black Tea and Yerba Maté to help provide energy.* Lotus Flower and Tangerine flavors add sweet, floral and fruity notes for a bright and spirited tea that's sure to leave you smiling.

*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 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 yogiproductions.com/doing-good.

