



Yoga to Loosen Your Pipes

Sit up straight, breathe in deeply and relax. Move your shoulders forward in large circles for **thirty seconds to a minute**, all the time breathing slowly and deeply. Then roll your shoulders backward for **thirty seconds to a minute**, while maintaining the same rhythm of breathing.

Please ask your doctor if this exercise is suitable for you.

Throat Comfort®

SOOTHES THE THROAT*



Our story began

in 1969 when Yogi Bhanjan, 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".

CAFFEINE FREE
HERBAL SUPPLEMENT

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



Yogi®

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Wild Cherry Bark	318 mg	†
Proprietary Blend of Herbs:	1,932 mg	
Organic Licorice Root		†
Organic Fennel Seed		†
Organic Cinnamon Bark		†
Organic Orange Peel		†
Organic Slippery Elm Bark		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Mullein Leaf		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

WARNING: Not recommended for use if you are pregnant or nursing. Consult your healthcare provider prior to use if you are taking any medication, if you have a medical condition or for daily use beyond 4 to 6 weeks.



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



When You Need a Little Throat Comfort®

In this herbal blend, we combine Licorice Root with Slippery Elm Bark - used in Western herbalism to help relieve minor throat irritation. Wild Cherry Bark helps soothe and add sweet flavor along with Orange Peel. Enjoy our Throat Comfort® tea when you need a gentle and comforting blend to soothe your throat.*

*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. Drink 3-6 cups daily. To warm up or soothe the throat, such as for singing or public speaking, sip as needed throughout the day*

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.

