



Yoga to Energize the Body

Bend over and place your hands on the ground. Keeping your knees as straight as possible begin walking around the room on your hands and feet. Use normal breath and continue for 1 to 5 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".

Yogi®

Vanilla Spice Perfect Energy®

ENERGIZES AND SUPPORTS FOCUS*



CONTAINS CAFFEINE
HERBAL SUPPLEMENT

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



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
L-Theanine Suntheanine®	16 mg	†
Proprietary Blend of Herbs:	1,684 mg	
Organic Green Tea Leaf		†
Organic Assam Black Tea Leaf		†
Organic Cinnamon Bark		†
Organic Rooibos Leaf		†
Organic Ginger Root		†
Green Tea Leaf Extract		†
Organic Licorice Root		†
Stevia Leaf		†
Organic Gotu Kola Leaf		†
Organic Ashwagandha Root		†
Organic Shatavari Root		†
Organic Shankhpushpi Leaf		†

† Daily Value not established.

Other Ingredients: Organic Vanilla Flavors, Organic Vanilla Bean.

Each teabag contains approximately 70 mg of caffeine, as compared to approximately 90 mg in 8 oz 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

Suntheanine® is a registered trademark of Taiyo International, Inc.



Invigorate with Vanilla Spice Perfect Energy®

Green Tea and Assam Black Tea combine with amino acid L-Theanine and traditionally used Ayurvedic herbs in our Vanilla Spice Perfect Energy® tea. With Vanilla Bean and exotic spices, this intriguingly delicious tea helps energize the body and focus the mind.*

*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.

