



Yoga for Natural Comfort

Lie on back, bring knees to chest and hold them snugly. Relax in this position, breathing long and deep for 1 to 3 minutes. Enjoy the feeling of comfort as your body returns to its natural state of balance.

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".

CAFFEINE FREE
HERBAL SUPPLEMENT

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



Yogi®

Woman's Moon Cycle®

SUPPORTS A HEALTHY CYCLE*



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	2,000 mg	
Organic Fennel Seed		†
Organic Ginger Root		†
Organic Cinnamon Bark		†
Organic Chamomile Flower		†
Organic Raspberry Leaf		†
Organic Anise Seed		†
Organic Dong Quai Root		†
Organic Chaste Tree Berry		†
Organic Juniper Berry Extract		†
Organic Parsley Leaf		†

† Daily Value not established.

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.



Embrace Harmony with Woman's Moon Cycle®

We combine Raspberry Leaf, traditionally used for centuries to address common menstrual discomforts, and Chamomile which has been used for centuries to help soothe the mind and body. Infuse harmony and comfort into the days of your monthly cycle with a calming cup of Woman's Moon Cycle® tea.*

*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 1 to 3 cups a day. During premenstrual days, drink 4 to 5 cups 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.

