

earth
mama[®]
• ORGANICS •

100% Organic
**Raspberry Leaf
Tea**

Herbal Labor Tonic
& Menstrual Support Tea

Full-bodied
Single Herb

Caffeine Free

16 Tea Bags

.84 oz. net wt. (24 g.)

Herbal Tea Supplement

Grounded in Nature, Powered by Love.™

RASPBERRY LEAF TEA

Truth: the uterus is where the magic happens —so show her some love. Earth Mama's 100% *Organic Raspberry Leaf Tea* has herbs traditionally used to help nurture and support women, soothe period cramps, support healthy lady times and help tone the uterus to prepare for childbirth. Sip as often as needed, ladies! Raspberry leaf and your uterus will become new best friends.

HERBAL TEA HOW-TO

Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1-2 cups per day, or as recommended by your healthcare provider.

LOOK BEYOND THE BERRY

Raspberry leaf (*Rubus idaeus*) is a traditional herb packed with woman-power — and ancient herbal wisdom. Herbalists for centuries have used the leaf as a generally safe childbirth tonic. Also? As a way to ease occasional diarrhea. Which are two wildly different, yet very important, nether-region issues.

Supplement Facts

Serving Size 1 tea bag (1.5g)

Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	1.5g	
Organic Red Raspberry (<i>Rubus idaeus</i>) Leaf		†

† Daily Value not established

Consult your healthcare provider before using this product during pregnancy or when breastfeeding.



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EARTH MAMA TEAS

Formulated for pregnancy plus!

Organic Morning Wellness Tea
Organic Heartburn Tea
Organic Peaceful Mama Tea
Organic Raspberry Leaf Tea
Organic Third Trimester Tea

NOT for use during pregnancy

Organic Periodic Tea
Organic Milkmaid Tea
Organic No More Milk Tea

Here's some science: Cramps are basically your uterus muscles working overtime. And, like any other muscle, your ute needs tonin' and tightenin' for its monthly duties. This tea is a nice start.

Prepping for the big push?
Raspberry leaf is like
push-ups for your uterus!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.