



Yoga to Feel the Energy of Youth

Sit cross-legged or in a chair. Interlock fingers to create a basket and straighten elbows. Inhale and raise arms up, exhale and lower arms down in wood-chopping motion.

Continue for 1 to 3 minutes.

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



Our story began in 1969 when Yogi Bhanan, 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®

Green Tea Blueberry Slim Life

ENERGIZES AND SUPPORTS
A DIETING PROGRAM*



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
Organic Garcinia		
Cambogia Fruit Extract	110 mg	†
Organic Green Tea Leaf Extract	60 mg	†
Proprietary Blend of Herbs:	1,594 mg	
Organic Green Tea Leaf		†
Organic Bilberry Leaf		†
Organic Hibiscus Flower		†
Organic Eleuthero Root		†
Organic Stevia Leaf		†
Organic Panax Ginseng Root		†
Organic Amla Fruit (Amalaki)		†
Organic Belleric Myrobalan Fruit (Bibhitaki)		†
Organic Chebulic Myrobalan Fruit (Haritaki)		†

† Daily Value not established.

Other Ingredients: Organic Orange Flavor, Organic Blueberry Flavor, Natural Licorice Flavor.

Each tea bag contains approximately 35 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 taking any medication or if you have a medical condition.



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



Support An Active Lifestyle with Green Tea Blueberry Slim Life

Formulated to help provide energy for an active lifestyle, we combine Green Tea and Garcinia Cambogia Fruit Extract with Ginseng and Eleuthero Roots to support stamina. Sweet Blueberry flavor and bright Hibiscus make Green Tea Blueberry Slim Life tea a delicious addition to a weight loss program of exercise and a balanced diet.*

*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 just to boiling and steep 3 minutes. To energize and support a dieting program, drink throughout the day.* For a stronger tea, use 2 tea bags.

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 yogipproducts.com/doing-good.

