



Yoga for Contentment

Stand up straight, close your eyes and relax. Breathe long and deep, feel every tension in your body and consciously let it go. Sway from side to side, dance and gently move every part of your body. If you have soft music, let it play in the background.

Continue for 3 to 11 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®

Caramel Apple Spice 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
Proprietary Blend of Herbs:	1,686 mg	
Organic Rooibos Leaf		†
Organic Assam Black Tea Leaf		†
Organic Cinnamon Bark		†
Organic Schisandra Berry		†
Organic Apple		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Apple Flavor, Organic Caramel Flavor, Salt, Organic Vanilla Flavor, Organic Monk Fruit Extract, Organic Cinnamon Bark Oil, Organic Cardamom Seed Oil, Organic Ginger Root Oil.

Each tea bag contains approximately 24 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 pregnant or nursing, taking any medication or if you have a medical condition.

Caramel Apple Slim Life contains Organic Rooibos Leaf from Rainforest Alliance Certified™ farms.
www.rainforest-alliance.org



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



Indulge with Caramel Apple Spice Slim Life

Flavorful Assam Black Tea and Rooibos combine with Apple, Schisandra Berry, rich Caramel flavor and exotic spices for a satisfying blend that provides energy for an active lifestyle. Enjoy an indulgent cup of Caramel Apple Spice Slim Life tea as an addition to a program of exercise and balanced diet.*

Buying products with the Rainforest Alliance Certified™ seal of approval safeguards the rights and well-being of workers, conserves natural resources and protects wildlife and the environment.

*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.
Enjoy 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.

