



Yoga for a Graceful Glow

Sit on heels, then lay back on the ground.
Have your hands in a basket resting on your belly,
directly over the navel point. Take short quick
breaths for 1 to 3 minutes.

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



Our story began

in 1969 when Yogi Bhanjan, 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".

CONTAINS CAFFEINE
HERBAL SUPPLEMENT

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



Yogi

Soothing Rose Hibiscus Skin DeTox

SUPPORTS A HEALTHY GLOW*



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,728 mg	
Organic Green Tea Leaf		†
Organic Rose Petal		†
Organic Honeybush Leaf		†
Organic Hibiscus Flower		†
Organic Red Clover Leaf and Flower		†
Organic Cardamom Pod		†
Organic Orange Peel		†
Organic Burdock Root		†
Organic Dandelion Root		†
Organic Yellow Dock Root		†
Organic Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Organic Rose Flavor, Organic Pomegranate Flavor.

Each tea bag contains approximately 12 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, taking any medication or if you have a medical condition.



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



Renew with Soothing Rose Hibiscus Skin DeTox

Our skin reflects our diet and lifestyle choices: cleansing from the inside can help promote healthier skin. Soothing Rose Hibiscus Skin DeTox tea combines Rose Petal and Hibiscus - used in Ayurveda to soothe the skin - with Green Tea for a deliciously floral tea to support your healthy glow.*

*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, cover 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.

