



Yoga for Serenity

Sit crossed legged or in a chair with a straight spine. Close your right nostril with your right thumb and breathe through your left nostril.

Hold the pose for 3 minutes.

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



Our story began in 1969 when Yogi Bhaajan, 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®

Soothing Caramel Bedtime®

SUPPORTS A GOOD NIGHT'S SLEEP*



CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.07 OZ (30g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic California Poppy Plant	19 mg	†
L-Theanine Suntheanine®	8 mg	†
Proprietary Blend of Herbs:	1,738 mg	
Organic Chamomile Flower		†
Organic Rooibos Leaf		†
Organic Roasted Chicory Root		†
Organic Skullcap Leaf		†
Organic Nutmeg Kernel		†
Organic Cinnamon Bark		†
Organic Stevia Leaf		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Caramel Flavor, Organic Vanilla Flavor, Organic Cinnamon Bark Oil, Organic Cardamom Seed Oil, Organic Ginger Root Oil.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing, taking any medication or if you have a medical condition.

Soothing Caramel Bedtime® contains Organic Rooibos Leaf from Rainforest Alliance Certified™ farms.
www.rainforest-alliance.org

East West Tea Company, LLC
Eugene, OR 97402

Suntheanine® is a registered trademark of Taiyo International, Inc.



Relax and Unwind with Soothing Caramel Bedtime®

Formulated to support relaxation, Chamomile Flower, Skullcap and L-Theanine are blended to help calm the body and mind for a good night's sleep. Sweet Rooibos, Caramel and Vanilla flavors combine for a delicious and warming tea. Unwind with a cup of our Soothing Caramel Bedtime® tea.*

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 7 minutes.
For a stronger tea, use 2 tea bags. Drink before bedtime.

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 yogiproduts.com/doing-good.

