

BEST  
BEFORE:



## Yoga for Stamina

Sit with your legs crossed and interlace your fingers.  
Keep arms bent and bring hands above your head  
and hold them there. Keep your eyes slightly open.  
Inhale long and deep and hold, then exhale and hold.

**Continue deep breathing for 3 to 4 minutes.**

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



**Our story began**  
in 1969 when Yogi Bhan,  
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".



# Raspberry Passion Perfect Energy®

ENERGIZES AND SUPPORTS FOCUS\*



**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<br>Per Tea Bag | % Daily<br>Value |
|--------------------------------|-----------------------|------------------|
| L-Theanine Suntheanine®        | 15 mg                 | †                |
| Proprietary Blend of Herbs:    | 1,823 mg              |                  |
| Organic Assam Black Tea Leaf   |                       | †                |
| Organic Green Tea Leaf         |                       | †                |
| Organic Hibiscus Flower        |                       | †                |
| Organic Stevia Leaf            |                       | †                |
| Organic Sage Leaf              |                       | †                |
| Organic Green Tea Leaf Extract |                       | †                |
| Organic Gotu Kola Leaf         |                       | †                |
| Organic Shankpushpi            |                       | †                |
| Organic Ashwagandha Root       |                       | †                |
| Organic Shatavari Root         |                       | †                |

† Daily Value not established.

**Other Ingredients:** Organic Raspberry Flavor, Citric Acid,  
Organic Vanilla Flavor, Organic Passion Fruit Flavor.

Each teabag contains approximately 70 mg of caffeine,  
as compared to approximately 90 mg in 8 oz 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.

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



## Invigorate with Raspberry Passion Perfect Energy®

Green Tea and Assam Black Tea combine with amino  
acid L-Theanine and traditionally used Ayurvedic  
herbs in our Raspberry Passion Perfect Energy® tea.  
With Raspberry and Passion Fruit flavors and a hint of  
Sage, this intriguingly delicious tea helps energize the  
body and focus the mind.\*

\*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.  
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](http://yogiproductions.com/doing-good).

