



Yoga to Refresh Yourself

Sit straight. Create hooks with your hands and then lock them together at chest level. Keep lower arms parallel to ground, twist upper body and head first to the left, then to the right. Inhale as you turn to left, exhale as you turn to right. Continue 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".

Yogi®

Green Tea Kombucha

SUPPLIES ANTIOXIDANTS
TO SUPPORT OVERALL HEALTH*



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:	1,820 mg	
Organic Green Tea Leaf		†
Organic Lemongrass		†
Organic Spearmint Leaf		†
Organic Kombucha		†

† Daily Value not established.

Other Ingredients: Organic Passion Fruit Flavor, Organic Plum Flavor.

Each tea bag contains approximately 15 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.



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



Support Overall Health with Green Tea Kombucha

This delicious blend combines Green Tea with Kombucha to supply antioxidants to support your overall health.* Spearmint and Lemongrass along with Plum and Passion Fruit flavors harmonize for a light fruity flavor. Enjoy a bright and delightful cup of Green Tea Kombucha.

*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. 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.

