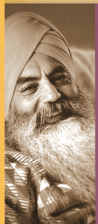




Yoga for Balancing and Strengthening the Body

Begin on hands and knees. Raise left leg and right arm, keeping both straight. Hold pose for 3 minutes. Inhale and raise opposite arm and leg. Hold the pose for 3 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".

CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.02 OZ (29g)



Yogi®

New!
\$1 Off
any Yogi® tea
(COUPON INSIDE)

Blackberry Apple Cider Digestive Awakening

WITH APPLE CIDER VINEGAR
TO SUPPORT HEALTHY DIGESTION*



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,683 mg	
Organic Apple Cider Vinegar Powder		†
Organic Raspberry Leaf		†
Organic Ginger Root		†
Organic Licorice Root		†
Organic Blackberry		†

† Daily Value not established.

Other Ingredients: Organic Blackberry Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing.



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



Energize Your Digestive System with Blackberry Apple Cider Digestive Awakening Tart Apple Cider Vinegar, popularly used to wake up the digestive system pairs with naturally warming Ginger, a centuries old Ayurvedic ingredient used to support healthy digestion. Blackberry flavor is added for a bright, fruity and delicious tea. Enjoy Blackberry Apple Cider Digestive Awakening at the beginning of every day! *

*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.

At Yogi, it's about more than creating deliciously purposeful teas. Learn about our efforts to do good at yogiproducts.com/about/our-purpose.

