



Yoga to Support Vitality

Sit cross-legged or in a chair with spine straight and feet flat. Stick your tongue all the way out and keep it out as you rapidly breathe through your mouth.

Continue this breathing for 1 to 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 1.12 OZ (32g)



Yogi

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

Sweet Clementine Stress Support

ADAPTOGENS TO SUPPORT OVERALL HEALTH*



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,840 mg	
Organic Ashwagandha Root		†
Organic Lemongrass		†
Organic Cinnamon Bark		†
Organic Lemon Balm Leaf		†
Organic Ginger Root		†
Organic Rooibos Leaf		†
Organic Stevia Leaf		†
Organic Orange Peel		†
Organic Clove Bud		†

† Daily Value not established.

Other Ingredients: Organic Clementine Flavor, Citric Acid, Organic Orange 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.



Help Promote Long Term Health with Sweet Clementine Stress Support

Our Sweet Clementine Stress Support is blended with Ashwagandha, an Ayurvedic adaptogenic herb used for centuries to support the body's ability to cope with stress and to help promote long term health. To this we add Lemon Balm, Lemongrass and Orange Peel for a bright, citrus flavor. Enjoy a deliciously intriguing cup any time of day to support your well-being!*

*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 yogiproductions.com/about/our-purpose.

