

MADE WITH ORGANIC HERBS



OAT MAMA™



## LABOR PREP TEA

PEACH BERRY  
CAFFEINE FREE14 TEA BAGS  
NET WT. 3.2 OZ

## SUGGESTED USE:

Drink 1 to 3 cups a day.

## DIRECTIONS:

Steep one tea bag in 8 ounces of hot water for 4 to 5 minutes. Enjoy hot or iced. Each tea bag can be re-steeped for an additional serving.

## INGREDIENTS:

Organic Raspberry Leaf, Organic Fennel Seed, Organic Alfalfa Leaf, Organic Nettle Leaf, All Natural Fruit Flavors.

## DIETARY SUPPLEMENT WARNINGS:

Keep out of reach of children. Consult your doctor before using. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.

Learn more at [OATMAMA.COM](http://OATMAMA.COM)  
 @OATHAMA /OATHAMA

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OAT MAMA



## YOU GOT THIS

At Oat Mama, we support and celebrate being a mother. That's why we deliver handcrafted teas specifically designed for every stage of your journey.

Our third-trimester tea helps prepare your mind and body for birth. Raspberry leaf can help tone and strengthen your uterine muscles for a more efficient labor while alfalfa and nettle work to ward off anemia and build a healthy blood supply. An invigorating blend of peach and berries will get you ready to take on the world, one birth at a time.

MADE IN THE USA

WOMEN OWNED BUSINESS

