

2

SECOND TRIMESTER



OAT MAMA™



CALM TEA
CHAMOMILE LAVENDER
FLOWER
CAFFEINE FREE

14 TEA BAGS
NET WT. 3.2G



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 second trimester tea tackles a few common discomforts of this stage of your pregnancy: insomnia, anxiety, and indigestion. Chamomile flowers and lavender relieve stress, have anti-depressive effects, and act as a natural sleep aid. Peppermint is known as a stomach soother and can help relieve symptoms of heartburn, indigestion, and cramping. This blend will help relax your body and mind bringing more restful sleep and peace of mind.

MADE IN THE USA

WOMEN OWNED BUSINESS



SUGGESTED USE:

Drink 1 to 5 cups a day

DIRECTIONS:

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

INGREDIENTS:

Organic chamomile, lavender, peppermint.

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.

Visit us at OATMAMA.COM

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