

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	2.2 g	
Organic Cinnamon (<i>Cinnamomum Burmannii</i>) Bark		†
Organic Lady's Mantle (<i>Alchemilla Vulgaris</i>) Leaf		†
Organic Red Raspberry (<i>Rubus Idaeus</i>) Leaf		†
Organic Stinging Nettle (<i>Urtica Dioica</i>) Leaf		†
Organic Lemon Balm (<i>Melissa Officinalis</i>) Leaf		†
Organic Ginger (<i>Zingiber Officinale</i>) Root		†
Organic Alfalfa (<i>Medicago Sativa</i>) Leaf		†

† Daily Value not established

NOT FOR USE DURING PREGNANCY. Consult your healthcare provider before using this product when breastfeeding, or if symptoms persist or worsen.



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

EARTH MAMA TEAS

Formulated for pregnancy plus!*

- Organic Morning Wellness Tea
- Organic Heartburn Tea
- Organic Peaceful Mama Tea
- Organic Raspberry Leaf Tea
- Organic Third Trimester Tea
- Organic Throat Smoothie™ Tea

NOT for use during pregnancy

- Organic Periodic Tea
- Organic Milkmaid Tea
- Organic No More Milk Tea



earth
mama®
· ORGANICS ·

100% Organic
Periodic
Tea

For PMS, Period
& Postpartum

Revitalizing Herb & Cinnamon

Caffeine Free
16 Tea Bags

1.23 oz. net wt. (35 g)

Herbal Tea Supplement

Grounded in Nature, Powered by Love.™

PERIODIC TEA

We women periodically power through a whole lot of blood, sweat and tears. This tea gives back on all the P days: period, postpartum and even perimenopause. It's a comforting cinnamon-delicious blend of organic herbs traditionally used for postpartum support and to help ease symptoms of PMS and premenstrual cramping.* Sip it, and then? Go forth and rest.

HERBAL TEA HOW-TO

Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1 cup directly after childbirth, then 1-3 cups per day, or as recommended by your healthcare provider. For monthly discomfort, sip as often as needed.

HEY LADIES!

Lady's Mantle (*Alchemilla vulgaris*) is traditionally known for supporting a healthy female reproductive system. Working with cinnamon, *Lady's Mantle* is traditionally used through that time of the month and after childbirth, making it a true mensch among mothering herbs.

Crampy? Grumpy? Bloaty? Remind those nearest you to be patient. Also? Be patient with YOURSELF, please. Our suggestion: Fire up the heating pad, brew this tea, and get some chocolate. STAT.

Menstruation, in most spiritual practices, is a time when women are isolated and introspective. The world has its urgencies, but for now, take this time to be quiet and ponder your body's wisdom.

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