

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	1.7 g	
Organic Ginger (<i>Zingiber Officinale</i>) Root		†
Organic Spearmint (<i>Mentha Spicata</i>) Leaf		†
Organic Chamomile (<i>Matricaria Recutita</i>) Flower		†
Organic Orange (<i>Citrus Sinensis</i>) Peel		†
Organic Lemon Balm (<i>Melissa Officinalis</i>) Leaf		†
Organic Peppermint (<i>Mentha Piperita</i>) Leaf		†

† Daily Value not established

Consult your healthcare provider before using this product during pregnancy or when breastfeeding, or if symptoms persist or worsen. DO NOT USE if you are allergic to plants of the daisy (Asteraceae/Compositae) family. Discontinue use immediately if any allergic reaction occurs.



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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



100% Organic
Morning
Wellness Tea

Helps Relieve Occasional
Pregnancy Nausea*

Comforting Ginger Mint

Caffeine Free
16 Tea Bags

.96 oz. net wt. (27.2 g)

Herbal Tea Supplement

Grounded in Nature, Powered by Love.™

MORNING WELLNESS TEA

We believe in the power of words: therefore, we make stuff for *wellness* in the morning, not sickness. *Organic Morning Wellness Tea* is a ginger-minty blend of organic herbs traditionally used to help prevent occasional morning sickness and pregnancy nausea.* Formulated for pregnancy (and beyond!) with settling ginger root, chamomile and lemon balm, a hint of mint and a twist of orange peel for a citrus pop of flavor. Especially comforting when every little smell is no bueno and “morning” sickness lasts all day long.

HERBAL TEA HOW-TO

Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1-2 cups per day, or as recommended by your healthcare provider.

GINGERLY YOURS

Knobby *ginger root* (*Zingiber officinale*) is the ugly duckling of herbs, but it shines in grandma’s famous gingerbread. It also has remarkable non-culinary qualities, like being used traditionally for its ability to reduce occasional nausea and vomiting associated with pregnancy.*

Not feeling the whole “glowy pregnant lady” thing? It’s OK. You could be feeling more like a bloated moose that just got off the tilt-a-whirl — but you’re still amazing.

Nibble station: [Nib-bul stay-shun] (noun)
Pregnancy resting areas around the house equipped with easily digested foods to keep your tums from getting totally empty and thus nauseated.

B10-211-09

