

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16

	Amount Per Serving	% Daily Value
Calories	0	
Proprietary Blend	1.55 g	
Organic Lemon Balm (<i>Melissa Officinalis</i>) Leaf		†
Organic Chamomile (<i>Matricaria Recutita</i>) Flower		†
Organic Oatstraw (<i>Avena Sativa</i>)		†
Organic Orange (<i>Citrus Sinensis</i>) Peel		†
Organic Red Raspberry (<i>Rubus Idaeus</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



earth
mama®
· ORGANICS ·

100% Organic
Peaceful Mama
Tea

Stress less, mama!
Helps Ease Tension & Promote Sleep

Relaxing Citrus Chamomile

Caffeine Free
16 Tea Bags

.87 oz. net wt. (24.8 g)

Herbal Tea Supplement

Grounded in Nature, Powered by Love.™

PEACEFUL MAMA TEA

Truth: it's ok to slow down. OK? Serene and citrusy *Organic Peaceful Mama Tea* is formulated with chamomile and herbs traditionally used to help promote a sense of calm, relieve occasional anxiousness, ease tension and promote sleep.* With oatstraw, calming chamomile, and a hint of red raspberry leaf and orange peel for a nice, bright citrusy vibe. Peaceful and soothing for anyone who needs to chill: pregnant ladies, stressed out dads, or rambunctious kids. Best served with a couple of good, deep, cleansing breaths.

HERBAL TEA HOW-TO

Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1-3 cups per day, or as recommended by your healthcare provider.

A BIT OF SUNSHINE

Light and fragrant *lemon balm* (*Melissa officinalis*) is traditionally used for tenseness, restlessness and irritability. A cousin to mint, lemon balm's little white flowers leave honeybees drunk with lemony herbal happiness. And who doesn't love a drunk honeybee!?

It's normal to be anxious. Pregnancy is emotion soup! Yay pregnancy! Counter the stress by lying down and visualizing your baby sleeping peacefully beside you. And breathe.

Don't think you have to look or feel like a pregnancy cover girl. Trust us: your body knows exactly how to do this, and you're perfect exactly as you are.

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