

Supplement Facts

Serving Size 1 tea bag  
Servings Per Container 16

|                                                    | Amount<br>Per Serving | % Daily<br>Value |
|----------------------------------------------------|-----------------------|------------------|
| Calories                                           | 0                     |                  |
| Proprietary Blend                                  | 1.5 g                 |                  |
| 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.



Distributed by  
Earth Mama Angel Baby® LLC • 9866 SE Empire Ct. Clackamas, OR, 97015 USA  
503-607-0607 • EarthMama.com • Manufactured in the USA  
Certified Organic by Oregon Tilth • Certified Kosher by EarthKosher

\*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  
Raspberry Leaf  
Tea

Herbal Labor Tonic &  
Menstrual Support Tea\*

Full-bodied Single Herb



Caffeine Free  
16 Tea Bags

.84 oz. net wt. (24 g)

Herbal Tea Supplement

Grounded in Nature, Powered by Love.™

RASPBERRY LEAF TEA

Truth: the uterus is where the magic happens —so show her some love. Earth Mama's 100% *Organic Raspberry Leaf Tea* has herbs traditionally used to help nurture and support women, soothe period cramps, support healthy lady times and help tone the uterus to prepare for childbirth. Sip as often as needed, ladies! Raspberry leaf and your uterus will become new best friends.

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.

LOOK BEYOND THE BERRY

*Raspberry leaf* (*Rubus idaeus*) is a traditional herb packed with woman-power — and ancient herbal wisdom. Herbalists for centuries have used the leaf as a generally safe childbirth tonic. Also? As a way to ease occassional diarrhea. Which are two wildly different, yet very important, nether-region issues.

Prepping for the big push?  
Raspberry leaf is like  
push-ups for your uterus!

Here's some science: Cramps are basically your uterus muscles working overtime. And, like any other muscle, your ute needs tonin' and tightenin' for its monthly duties. This tea is a nice start.

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