

ORGANIC



St. John's Wort

Herbal Supplement

Traditionally used to support a relaxed state of mind*



24 Tea Bags
NET WT 1.13 OZ (32g)



Preparation

Place one tea bag in a cup and add 8 oz of boiling water. Cover and steep for 5 minutes. Gently squeeze tea bag and remove.

Directions for use:

We recommend 3 cups daily.

- Add sweetener if desired
- Naturally caffeine free

HOW TO BREW

Pour 8oz	Temp. 212°F	Steep 5 min
1	2	3



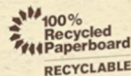
The Alvita Story...

In 1922, a new era for tea consumption began in America. The herb alfalfa, long known for its beneficial nutrients, was packaged in tea bags and sold to an emerging health food market. This product became known as Alvita and set the standard for future herbal teas. Today, Alvita represents more than forty single-ingredient teas, each one uniquely distinct, just like the individuals who drink them.

Alvita chooses only the highest quality organic, wild-crafted, or cultivated botanicals, perfectly prepared to provide you with the best Mother Nature has to offer. Historical and scientific literature is painstakingly studied to ensure that the correct traditional plant and most appropriate servings are used, delivering premium flavor and quality.

Herbs are gifts from the earth. Alvita takes its stewardship seriously by offering carefully harvested teas in earth-friendly packaging. Our beautifully illustrated boxes are made using recycled paperboard and our English, pillow style tea bags are oxygen bleached, not chlorine treated. You won't find a better product, with a cleaner package... anywhere.

Alvita... brewed with confidence, steeped in tradition.



St. John's Wort

While farmers and ranchers may argue that St. John's Wort (*Hypericum perforatum*) is little more than a noxious weed, herbalists have long recognized the benefits of this esteemed herb. As early as the 1500s, herbal practitioners used St. John's Wort to support a calm mood and relaxed state of mind.* Today, St. John's Wort has become one of the most popularly consumed herbs.

Alvita St. John's Wort Tea is made with premium-quality, organic St. John's Wort flowers, and produces a uniquely earthy flavor and aroma.

Supplement Facts

Serving Size: 1 tea bag	
Amount Per Serving	% DV
Organic St. John's Wort (flowers) 1.33g †	
† Daily Value not established.	

WARNING: If you are pregnant or nursing, taking any medication or have any medical condition, consult a health care professional before use. **KEEP OUT OF REACH OF CHILDREN.**

Notice: Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product.

* 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.

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Certified Organic by QAI. Certified Gluten-Free by NSF.