

earth
mama
· ORGANICS ·

100% Organic Periodic Tea

For PMS, Period
& Postpartum

HERBAL TEA SUPPLEMENT 1 TEA BAG

Caffeine Free
REVITALIZING HERB & CINNAMON
A comforting cinnamon-delicious blend of organic herbs
traditionally used for postpartum support and to help ease
symptoms of PMS and premenstrual cramping.*
Pour boiling water over one tea bag. Steep 5-10 minutes. Sip 1-3
cups per day, or as recommended by your healthcare provider.

Supplement Facts Serving Size 1 tea
bag, Servings Per Container 1, Amount per serving: Calories 0,
Proprietary Blend (2.2g): Organic Cinnamon (Cinnamomum
Burmannii) Bark (%DV †), Organic Lady's Mantle (Alchemilla
Vulgaris) Leaf (%DV †), Organic Red Raspberry (Rubus
Idaeus) Leaf (%DV †), Organic Stinging Nettle (Urtica Dioica)
Leaf (%DV †), Organic Lemon Balm (Melissa Officialis) Leaf
(%DV †), Organic Ginger (Zingiber Officinale) Root (%DV †),
Organic Alfalfa (Medicago Sativa) Leaf (%DV †)
† Daily value (DV) not established

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

Distributed by
Earth Mama Angel Baby® LLC • 9866 SE Empire Ct.
Clackamas, OR, 97015 USA • 503-607-0607
EarthMama.com • babylosscomfort.com

Certified Organic by Oregon Tilth • Certified Kosher by EarthKosher

W10-201-01

*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.

THIS UNIT NOT LABELED FOR INDIVIDUAL RETAIL SALE.

Crampy? Grumpy? Bloaty? Remind those
nearest to 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
appreciate your body's brilliance.

B10-201-10



FOR EVERYONE
AND THEIR MOTHER

earth
mama
· ORGANICS ·

100% ORGANIC Periodic Tea

For Periods, Postpartum
& Perimenopause

REVITALIZING
HERB & CINNAMON

Caffeine Free
16 Tea Bags

1.23 oz. net wt. (35 g)

Grounded in Nature. Powered by Love.™

PERIODIC TEA

Organic Periodic Tea gives back on all the P days: periods,
postpartum and even perimenopause, with a comforting
blend of organic herbs traditionally used to help ease
symptoms of PMS and cramping.*

We know what you're thinking: cinnamon is more of a
baking, spice-rack thing — but when this herb forms a
beautiful union with organic lady's mantle, the two become
your uterus' new best friend. Periodic Tea is there for women
throughout their lives, offering support while she powers
through all the blood, sweat and tears. A teen new to the
period scene — cramps included — can fire up one mug for
herself, and one mug for her cranky, forever perimenopausal
mom (you're welcome). New mamas: start drinking Periodic
Tea right after birth, and until well into the inevitable
change of life. These times in our lives are worthy of being
honored — so brew a cup in celebration of each new phase.

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.

TEAM WORK MAKES THE DREAM WORK

Each herb in this tea was intentionally chosen because of
how it works synergistically with the others in the
formulation, amplifying their efficacy like a little symphony.
It's like the colleagues who hang out together after work.
They like each other — and that makes their job seamless.

Supplement Facts

Serving Size 1 tea bag
Servings Per Container 16

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

*Organic † Daily Value not established

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symptoms persist or worsen.



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Here. Drink this.
It'll help.



EARTH MAMA TEAS

FORMULATED FOR
PREGNANCY PLUS!*

Organic Morning Wellness Tea
Organic Heartburn Tea
Organic Peaceful 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

*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.



Herbal Tea Supplement