

Here. Drink this.
It'll help.



EARTH MAMA TEAS

FORMULATED FOR PREGNANCY PLUS!*

Organic Elderberry Immune Tea
Organic Ginger Nausea™ 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

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.

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)



Herbal Tea Supplement

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 Officinalis (Lemon Balm) Leaf*		†
Zingiber Officinale (Ginger) Root*		†
Medicago Sativa (Alfalfa) Leaf*		†

*Organic † Daily Value 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
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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.