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.*

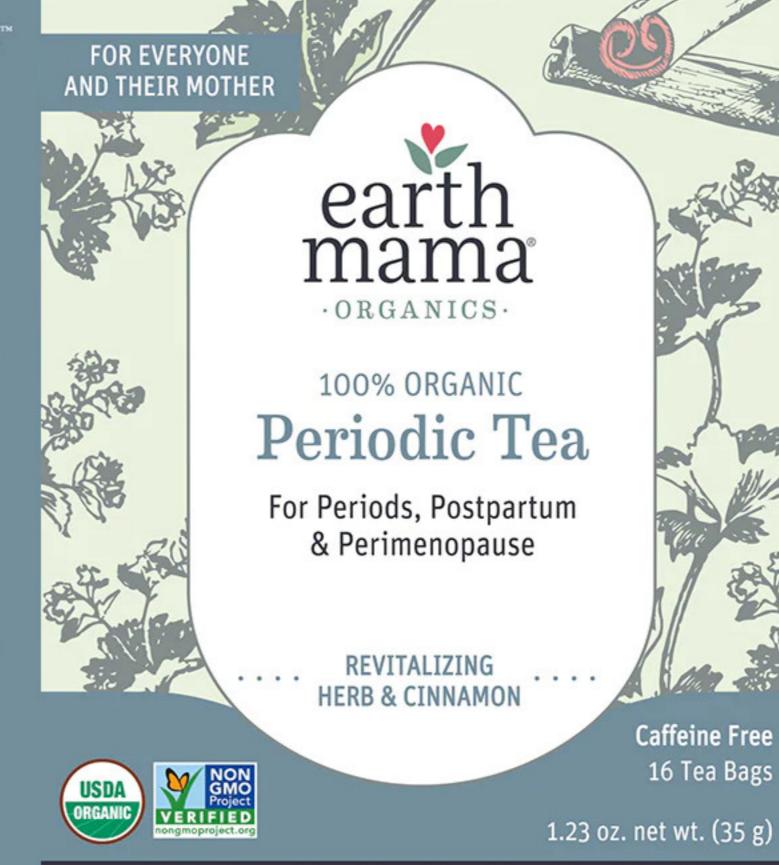
We know what you're thinking: cinnamon is more of a baking, spice-rack thing — but when this herb forms a beautiful union with organic lady's mantle, the two become your uterus' new best friend. Periodic Tea is there for women throughout their lives, offering support while she powers through all the 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.



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*		†

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 Certified Organic by Oregon Tilth • Certified Kosher by EarthKosher

Herbal Tea Supplement