

To help protect our forests and reduce landfill burden, Yogi tea can be 100% recycled. Paperboard, tea bags, and are printed with environmentally-friendly vegetable-based inks.

20 CAD 75.44

Yogi

Bedtime®

SOOTHING AND SPICY-SWEET*

CAFFEINE FREE ~ HERBAL SUPPLEMENT

YOGI®
A product of East West Tea Company, LLC
950 International Way, Springfield, OR 97477, U.S.A.
www.yogiproductions.com

©2015 East West Tea Company, LLC

Love our tea as much as we do or we'll gladly refund your money.

20 Inspires and yourself
at www.yogiproductions.com

recyclable
non-irradiated
oxygen-bleached tea bags
Please recycle this box.

0 76950 45001 1

201918

BEST BEFORE:

Yoga to Bring Peace of Mind

A steady rhythm creates a steady mind. Sit cross-legged or in a chair with feet flat. With eyes gently closed, close off right nostril with right hand and take smooth, equal breaths through the left nostril. Your target breath rate is 4 to 6 breaths per minute. Then, switch sides. Feeling at peace starts with breathing deeply.

Before doing these exercises or participating in any exercise program, consult your physician.

Yogi

Bedtime®

SOOTHING AND SPICY-SWEET*

Supplement Facts
Serving Size 1 tea bag (Makes 8 fl oz)

	Amount per Tea Bag	% Daily Value
Valerian Root Extract	20 mg	†
Passionflower Plant Extract	10 mg	†
Proprietary Blend of Herbs:	1,430 mg	
Organic Licorice Root		†
Organic Spearmint Leaf		†
Organic Chamomile Flower		†
Organic Skullcap Leaf		†
Cardamom Pod		†
Organic Cinnamon Bark		†
Organic St. John's Wort Leaf and Flower		†
Organic Rose Hip		†
Organic Raspberry Leaf		†
Organic Lavender Flower		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Natural Orange Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing, taking any medication or if you have a medical condition.

East West Tea Company, LLC
Springfield, Oregon 97477
Certified Organic by QAI, Inc.

MADE WITH ORGANIC CHAMOMILE FLOWER

VEGAN

RECYCLABLE

COMPOSTABLE TEA BAGS

Certified

Say Goodnight with our Bedtime® Tea

Relax, tuck yourself into bed and unwind with a comforting cup of our delicious Bedtime tea. This blend is a soothing combination of Passionflower - traditionally used in Native American blends - with Valerian and Skullcap. Then we add relaxing Chamomile and Lavender Flower in combination with Licorice, Cardamom and Cinnamon for a delicious, warming flavor that's just right for drinking before bedtime. So, sit back, relax and enjoy the enchanting aroma of Yogi Bedtime tea.*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Our story began in 1969 when Yogi Bhanjan, an inspirational teacher of holistic living, started teaching yoga in the west. He shared with his students his wisdom and knowledge of healthy living and the beneficial properties of herbs, all while serving a comforting and aromatic spiced tea they affectionately named "Yogi Tea".

Bedtime®

SOOTHING AND SPICY-SWEET*

CAFFEINE FREE
HERBAL SUPPLEMENT
16 TEA BAGS - NET WT .85 OZ (24g)

NON GMO Project VERIFIED

MADE WITH ORGANIC CHAMOMILE FLOWER

Get the Most Out of Every Cup
Bring water to boiling and steep 5 to 10 minutes. For a stronger tea, use 2 tea bags. Drink before bedtime.

At Yogi, it's about more than creating deliciously purposeful teas. Learn about our efforts to do good at home and around the world at yogiproductions.com/doing-good.