



To help protect our forests and reduce landfill burden, Yogi tea cartons use 100% Recycled Paperboard, 55% Post Consumer Waste, and are printed with environmentally-friendly vegetable-based inks.

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Calming™

EASES MILD TENSION*

CAFFEINE FREE~HERBAL SUPPLEMENT

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

Inspire us and yourself at www.yogiproductions.com

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

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BEST BEFORE:



Yoga for Serenity

Sit cross-legged or in a chair with spine straight and feet flat. Now, close your eyes and block right nostril with right hand. Take deep, slow breaths through the left nostril. Continue for 1 to 3 minutes. Let the positive and relaxing feeling take over.

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



Our story began in 1969 when Yogi Bhan, 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".



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16 TEA BAGS - NET WT 1.02 OZ (29g)

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,727 mg	
Organic Chamomile Flower		†
Organic Licorice Root		†
Organic Gotu Kola Leaf		†
Organic Hibiscus Flower		†
Organic Fennel Seed		†
Organic Lemongrass		†
Organic Cardamom Pod		†
Organic Orange Peel		†
Organic Rose Hip		†
Organic Lavender Flower		†

† Daily Value not established.

Other Ingredients: Organic Toasted Brown Rice, Natural Plum Flavor, Organic Brown Rice Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing.

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



Find Serenity with Yogi Calming™ Tea

Our Calming tea is an exclusive blend based on time-honored Ayurvedic herbs that can help soothe the stress and tension, and encourage a state of relaxation. This organic tea combines Chamomile—traditionally used by herbalists to help compose the mind and relax the body—with Lemongrass and Gotu Kola. Organic Lavender Flower and Licorice add a pleasant, naturally sweet flavor. So sit back and relax with a delicious and soothing cup of Yogi Calming tea—and discover a soothing, natural way to find calm, any time of day.*

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



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. Enjoy 2 to 4 cups a day.