

# Yogi

## Comforting Chamomile

SOOTHES MILD TENSION\*

CAFFEINE FREE ~ HERBAL SUPPLEMENT

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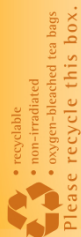
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Love our tea as much as we do or we'll gladly refund your money.

Inspire us and yourself at [www.yogiproducts.com](http://www.yogiproducts.com)

YOGI®  
A product of East West Tea Company, LLC  
950 International Way, Springfield, OR 97477, U.S.A.  
[www.yogiproducts.com](http://www.yogiproducts.com)

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35429.00  
07/10

BEST BEFORE:



### Yoga to Create the Perfect Balance

Sit cross-legged or in a chair with feet flat and left hand in lap. With eyes closed, block right nostril with right hand. Take smooth, steady breaths through the left nostril. Your target breath rate is 4 to 6 breaths per minute. Relax and create your own personal retreat!

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



Our story began in 1969 when Yogi Bhanan, 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 0.85 OZ (24g)



### Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Chamomile Flower	1,500 mg	†

† Daily Value not established.

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



### Relax with Our Comforting Chamomile

Let the stresses of the day float away as you sip a cup of our all-organic Comforting Chamomile tea. Worshipped for its healing properties by the ancient Egyptians and revered by the Greeks as magical, Chamomile has been used for centuries as a relaxing and soothing herb. Today we recognize the wisdom of these ancient cultures and use only the finest organic chamomile in our tea. This traditional herb can help relieve occasional sleeplessness and ease minor stomach discomfort. Try our flavorful tea to help relax during a stressful day or to ease into a restful night.\*

\*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. As a deliciously sweet alternative, serve with honey and a slice of lemon.