



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.



Green Tea Muscle Recovery™

SUPPORTS AN ACTIVE BODY*

CONTAINS CAFFEINE~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 to Spread Your Wings

Expand your mind and your motion. Sit with soles of feet together. Hold on to feet with hands, lean forward keeping back straight and chin at 90-degree angle to chest. Breathe slowly and deeply. Continue for 1 to 3 minutes. Feel your body transform with the strength to soar through the day.

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



Our story began in 1969 when Yogi Bhaan, 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".

Yogi Bhaan



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16 TEA BAGS - NET WT 1.12 OZ (32g)

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,800 mg	
Organic Green Tea Leaf		†
Organic Lemongrass		†
Organic Blackberry Leaf		†
Rose Petal		†
Organic Skullcap Leaf		†
Organic Lemon Myrtle Leaf		†
Organic Turmeric Root		†
Ginseng and Eleuthero Root Extracts (Asian Ginseng, American Ginseng and Eleuthero)		†
Yucca Root Extract		†
Stevia Leaf		†
Cat's Claw Root Extract		†
Devil's Claw Root Extract		†

† Daily Value not established.

Other Ingredients: Natural Lotus Flower Flavor.

Each tea bag contains approximately 19 mg of caffeine, as compared to approximately 90 mg in 8 oz coffee.

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.



Do More with Green Tea Muscle Recovery™

Stay active with a cup of Green Tea Muscle Recovery. Our satisfying blend starts with gently stimulating Organic Green Tea, which supplies antioxidants, and we combine it with traditional soothing herbs like Organic Turmeric Root, one of the most widely used herbs in India. We then add Devil's Claw Root and Yucca Root-herbs from indigenous herbal traditions-that can help support your body's recovery after exercise. What's more, Ginseng and Eleuthero Extracts along with Green Tea help you reenergize. So get invigorated, be energized, and stay active with Green Tea Muscle Recovery!*

*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 just to boiling and steep 3 minutes. For a stronger tea, use 2 tea bags. Drink 2 to 4 cups a day.