Yogi

Green Tea Pure Green Decaf

SUPPORTS VITALITY*

DECAFFEINATED ≈ HERBAL SUPPLEMENT

Supplement Facts

Organic Decaffeinated Green Tea Leaf

† Daily Value not established.

East West Tea Company, LLC

Certified Organic by OAI, Inc.

Springfield, Oregon 97477

Serving Size 1 tea bag (Makes 8 fl oz)

Each tea bag contains approximately 10 mg of caffeine,

as compared to approximately 90 mg in 8 oz of coffee.

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Per Tea Bag

1.937 mg



Yoga for Energy and Balance

Sit cross-legged or in a chair with feet flat. Close left nostril with left hand and inhale slowly and deeply through right nostril. Then close right nostril to exhale slowly through left. Inhale through left nostril, then close it to exhale through right. Repeat for a few minutes at 4 to 6 breaths per minute. Calm and steady breathing is the key to a steady mind.

Before doing this exercise or participating in any

Our story began in 1969 when Yogi Bhajan, 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 Youi Tea".



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Green Tea, with its subtle and delicious flavor, has enjoyed a noble history as a natural path to vitality. We searched far and wide for the highest quality organic green tea leaves in India, China and Sri Lanka. These delightful teas are then perfectly blended and naturally decaffeinated to keep the fragrant flavor and antioxidant benefits intact. Green tea supplies antioxidants, offering a gently flavorful way to support the body's defenses against free radicals. With our Pure Green Decaf Tea, you can relax and enjoy green tea's zesty qualities any time of day.

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. Enjoy 1 to 3 cups a day.

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 vogiproducts.com/doing-good.