



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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Healthy Fasting™

SUPPORTS DETOXIFICATION WHILE DIETING*

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 to Feed Your Mind

Sit cross-legged or in a chair with spine straight and feet flat. With eyes closed, block right nostril with right hand and inhale slowly through left nostril. Hold breath as long as possible, then release slowly and hold out as long as possible. Continue for 1 to 3 minutes.

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



Our story began in 1969 when Yogi Bhaajan, 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 1.12 OZ (32g)

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Garcinia Cambogia Fruit Extract	72 mg	†
Proprietary Blend of Herbs:	1,597 mg	
Organic Fennel Seed		†
Organic Licorice Root		†
Organic Cinnamon Bark		†
Organic Red Clover Leaf and Flower		†
Organic Alfalfa Leaf		†
Organic Hawthorn Berry		†
Cardamom Seed and Pod		†
Organic Ginger Root		†
Organic Clove Bud		†
Organic Burdock Root		†
Organic Dandelion Root		†
Yellow Dock Root		†
Roasted Chicory Root		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Toasted Brown Rice, Organic Brown Rice Flavor, Organic Caramel Flavor, Natural Passion Fruit Flavor, Natural Plum Flavor, Natural Cinnamon Bark Oil, Natural Cardamom Seed Oil, Natural Ginger Root Oil.

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.



Detoxify as You Diet with Healthy Fasting™

Detoxification plays an important role in dieting and fasting, so look to our Healthy Fasting tea as part of your plan. We combine Garcinia Cambogia with Organic Red Clover and a supportive, healthy cleansing blend used traditionally by herbalists of Burdock and Dandelion Root.* Then we add a flavorful and perfectly sweet combination of Licorice and Fennel with spicy, warming Cinnamon Bark. Enjoy Yogi Healthy Fasting tea any time of day as a tasty addition to your dieting or fasting program consisting of exercise and a balanced diet!

*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. Drink up to 10 cups throughout the day.