

To help protect our forests and reduce landfill burden, Yogi Tea can be 100% recycled. Please recycle Yogi products and are printed with environmentally-friendly vegetable-based inks.

20 CAD 75/100% recycled paperboard

Yogi

Kava Stress Relief®

EASES TENSION AND PROMOTES RELAXATION*

CAFFEINE FREE ~ HERBAL SUPPLEMENT

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

Inspire 20 and yourself at www.yogiproducs.com

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

©2014 East West Tea Company, LLC

recyclable
non-irradiated
oxygen-bleached tea bags
Please recycle this box.

0 76950 45030 1

201812

BEST BEFORE:

Yoga to Let It All Go

Sit cross-legged or in a chair with spine straight and feet flat. Rest left hand on left knee with middle finger behind index finger and other two fingers locked down with thumb. Raise right hand to chin level with index finger pointed up and other fingers curled under thumb. Close your eyes and move index finger rapidly in small circles for 30-3 minutes. Then take a few deep breaths and relax.

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

Our story begins in 1969 when Yogi Bhaijan, an inspirational teacher of holistic living, started teaching yoga in the west. With his students he shared 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

Kava Stress Relief®

EASES TENSION AND PROMOTES RELAXATION*

CAFFEINE FREE ~ HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.27 OZ (36g)

Supplement Facts
Serving Size 1 tea bag (Makes 8 fl oz)

	Amount per Tea Bag	% Daily Value
Kava Root Extract	78 mg	†
Proprietary Blend of Herbs:	1,961 mg	
Carob Pod		†
Indian Sarsaparilla Root		†
Organic Cinnamon Bark		†
Organic Ginger Root		†
Cardamom Pod		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Organic Barley Malt, Natural Hazelnut Flavor, Natural Cinnamon Bark Oil, Natural Licorice Flavor.

WARNING: Ask your healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use or use with products that cause drowsiness may impair your ability to operate a vehicle or heavy equipment.

East West Tea Company, LLC
Springfield, Oregon 97477

U

All Natural
VEGAN
RECYCLABLE
COMPOSTABLE TEA BAGS

Set Your Mind Free with Kava Stress Relief®

When stress has a hold on you, take a break and brew a cup of Kava Stress Relief. Native to Oceania and the South Pacific Islands, Kava has traditionally been cultivated and used for its power to calm the body and mind and encourage a good night's sleep. Kava is also recognized by herbalists for its ability to promote a state of relaxed awareness. Yogi's Kava Stress Relief tea combines this relaxing herb with Cinnamon and Sarsaparilla to add warmth and spice, and Carob Pod for rich flavor. Relax and find tranquility with a warm soothing cup of Kava Stress Relief.*

*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 3 cups a day.