



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.



Purely Peppermint

SUPPORTS HEALTHY DIGESTION*
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: 07/20



Yoga for Smooth Sailing

Sit cross-legged or in a chair with spine straight and feet flat. Grasp knees and move pelvis in big circles for 1 to 3 minutes, then reverse direction. As you rotate your spine, inhale when you are moving forward and exhale as you move backward. Keep your head up and relatively still.

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



Our story began in 1969 when Yogi Bhanjan, 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 Peppermint Leaf	1,500 mg	†

† Daily Value not established.

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



Refresh with Our Purely Peppermint Tea

We use only the finest Organic Peppermint leaves to create a deliciously vibrant and refreshing blend you'll want to enjoy every day. The use of this refreshing leaf has been handed down from the ancient Greeks and Romans, who soothed their digestion after feast days with a sprig of mint. Like chewing a fresh sprig, a fragrant cup of our peppermint tea can help ease minor stomach discomfort and tame occasional heartburn.* Enjoy a warm, soothing cup of our all-organic Purely Peppermint tea for a refreshing treat or as an after-meal delight!

*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.