



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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Yogi

Relaxed Mind

PROMOTES TRANQUILITY*

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 for Clarity of Mind

Sit cross-legged or in a chair with spine straight and feet flat. Close your eyes and block left nostril with left hand. Take deep, slow breaths through the right nostril. Continue 1 to 3 minutes with focus on your breath. A clear mind opens the window to happiness.

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



Our story began in 1969 when Yogi Bhan, 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 Bhan



Relaxed Mind

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CAFFEINE FREE
HERBAL SUPPLEMENT
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:	1,784 mg	
Organic Sage Leaf		†
Organic Lavender Flower		†
Organic Nettle Leaf		†
Organic Skullcap Leaf		†
Chrysanthemum Flower		†
Organic Blackberry Leaf		†
Organic Gotu Kola Leaf		†
Organic Helichrysum Flower		†
Organic Shankpushpi Leaf		†
Organic Lemon Myrtle Leaf		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Natural Boysenberry Flavor, Organic Lavender Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant.

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



Center Yourself with Relaxed Mind

Soothe your mind and refresh your spirit with our fragrant Relaxed Mind. Yogi's blissful blend begins with Helichrysum, used in Western Herbalism for centuries and believed by herbalists to uplift the subconscious. Then we add Shankpushpi, used in Ayurveda to support cognition. We finish this unique formula with aromatic Lavender and Organic Sage, herbs traditionally used to balance your mood and nurture creativity. Relax and enjoy this soothing and sophisticated one-of-a-kind blend that may bring you to a state of pure relaxation and tranquility.*

*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.