



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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Woman's Energy™

HELPS BALANCE THE FEMALE SYSTEM*

CAFFEINE FREE~HERBAL SUPPLEMENT

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201613

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 Total Balance

Lie flat on your back. Inhale as you bring the right knee to the chest and the left arm overhead to the ground. Exhale and return to the starting position. Switch legs and arms. Continue this alternating movement for 1 to 3 minutes while taking deep, powerful breaths. Keep the energy flowing from the inside out.

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



Our story began in 1969 when Yogi Bhaan, 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 Bhaan



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16 TEA BAGS - NET WT 1.02 OZ (29g)

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,813 mg	
Organic Cinnamon Bark		†
Organic Orange Peel		†
Organic Ginger Root		†
Organic Fennel Seed		†
Organic Chamomile Flower		†
Organic Dandelion Root		†
Organic Anise Seed		†
Dong Quai Root Extract		†
Organic Nettle Leaf		†
Juniper Berry Extract		†
Organic Orange Peel Oil		†
Stevia Leaf		†
Organic Black Pepper		†

† Daily Value not established.

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.



Find Balance in Woman's Energy™

Woman's Energy is a delicious way to maintain your overall well-being and harness your feminine energy during all stages of life. Purposefully formulated to work with your body, this special formula includes **Dong Quai**, the queen of Chinese herbs, which has been traditionally used to support reproductive health and to help balance and ease you through your female cycles. A combination of exotic Ayurvedic spices compliment sweet **Fennel**, **Anise** and lively **Orange Peel** in this intriguing blend that is sure to leave you feeling like your healthy, strong and graceful self.*

*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. Enjoy 1 to 3 cups a day. For a stronger tea, use 2 tea bags.