



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.



Woman's Nursing Support™

PROMOTES HEALTHY MILK SUPPLY*

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 Comforting Support

Sit cross-legged or in a chair with spine straight and feet flat. Start with hands on knees, palms up.

Forcefully push your arms upward over the head and back around to starting position as if you are tossing your tensions over your shoulders and out the door. Continue for 1 to 3 minutes while breathing through nose. Relax, breathe and let your tensions drift away.

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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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
Organic Fennel Seed	656 mg	†
Proprietary Blend of Herbs:	1,344 mg	
Organic Chamomile Flower		†
Organic Nettle Leaf		†
Organic Anise Seed		†
Organic Fenugreek Seed		†
Organic Lavender Flower		†

† Daily Value not established.

WARNING: Consult your healthcare provider prior to use if you are pregnant, taking any medication or if you have a medical condition.

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



Nurture Yourself with Woman's Nursing Support™

Breastfeeding can create such a wonderful and essential connection with your baby. That's why we created Woman's Nursing Support. Our all-organic blend includes refreshing Fennel, Fenugreek and Anise, three herbs that have been traditionally used by herbalists to help promote lactation. We then add Chamomile, for its sweet, apple-like fragrance and aromatic, soothing Lavender Flower, herbs traditionally used to support relaxation as well as to help soothe the minor stomach upset that sometimes accompanies nursing. Find comfort one delicious sip at a time.*

*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. Drink 1 cup upon awakening and 2 to 3 cups throughout the day. For a stronger tea, use 2 tea bags.

