100% Recycled Paperboard

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.

Cold Season Sampler

CAFFEINE FREE~HERBAL SUPPLEMENT

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100% Recycled Paperboard

201920

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

Inspire us and yourself at www.yogiproducts.com

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

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

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

0 76950 45053 0

BEST BEFORE:

Echinacea Immune Support

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	Amount Per Tea Bag	% Daily Value
Organic Echinacea Root	144 mg	†
Echinacea Pupurea Root Extract	47 mg	†
Proprietary Blend of Herbs:	1,245 mg	
Organic Peppermint Leaf		†
Organic Lemongrass		†
Organic Cinnamon Bark		†
Organic Licorice Root		†
Organic Spearmint Leaf		†
Organic Fennel Seed		†
Cardamom Seed		†
Organic Rose Hip		†
Organic Ginger Root		†
Organic Burdock Root		†
Organic Clove Bud		†
Organic Mullein Leaf		†
Stevia Leaf		†
Organic Black Pepper		†
Astragalus Root Extract		†
Elder Berry Extract		†

† Daily Value not established.

Other Ingredients: Organic Lemon Flavor, Natural Cinnamon Bark Oil, Natural Cardamom Seed Oil, Natural Ginger Root Oil.

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

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MADE WITH ORGANIC MULLEIN LEAF

Cold Season

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,901 mg	
Organic Ginger Root		†
Organic Licorice Root		†
Organic Eucalyptus Leaf		†
Organic Orange Peel		†
Organic Valerian Root		†
Organic Lemongrass		†
Organic Peppermint Leaf		†
Organic Tulsi Leaf		†
Organic Cardamom Pod		†
Organic Oregano Leaf		†
Organic Clove Bud		†
Organic Parsley Leaf		†
Organic Yarrow Flower		†
Organic Black Pepper		†
Organic Cinnamon Bark		†

† Daily Value not established.

Other Ingredients: Organic Orange Flavor.

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USDA ORGANIC

Cold Season Sampler

A COLLECTION OF TEAS FOR SEASONAL SUPPORT

4 EACH OF 4 FLAVORS

CAFFEINE FREE~HERBAL SUPPLEMENT
16 TEA BAGS – NET WT 1.09 OZ (31g)

Echinacea Immune Support

This delicious, lightly sweet tea is a supportive blend of **Echinacea, Astragalus** and **Organic Mullein** combined with an intriguing combination of **Licorice, Peppermint** and warming spices.*

Cold Season

Relax and enjoy a steaming cup of this warming tea. In our all-organic blend we include **Eucalyptus, Tulsi** and warming herbs traditionally used to support respiratory and bronchial function.*

Breathe Deep®

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	Amount Per Tea Bag	% Daily Value
Organic Eucalyptus Leaf	240 mg	†
Organic Thyme Leaf	138 mg	†
Proprietary Blend of Herbs:	1,612 mg	
Organic Licorice Root		†
Organic Tulsi Leaf		†
Organic Ginger Root		†
Organic Cinnamon Bark		†
Organic Elecampane Root		†
Organic Peppermint Leaf		†
Organic Cardamom Seed		†
Organic Mullein Leaf		†

† Daily Value not established.

Other Ingredients: Natural Licorice Flavor.

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

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USDA ORGANIC

Throat Comfort®

Supplement Facts

Serving Size: 1 tea bag (Makes 8 fl oz)
Servings per container: 4

	Amount Per Tea Bag	% Daily Value
Organic Wild Cherry Bark	318 mg	†
Proprietary Blend of Herbs:	1,932 mg	
Organic Licorice Root		†
Organic Fennel Seed		†
Organic Cinnamon Bark		†
Organic Orange Peel		†
Organic Slippery Elm Bark		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Mullein Leaf		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

WARNING: Not recommended for use if you are pregnant or nursing. Consult your healthcare provider prior to use if you are taking any medication, if you have a medical condition or for daily use beyond 4 to 6 weeks.

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

Breathe Deep®

Relax, breathe deeply and experience the enchanting aroma of our soothing organic tea with **Licorice, Eucalyptus** and other herbs that support free breathing. Experience delight with each warming cup.*

Throat Comfort®

Soothe your throat with this flavorful organic tea. **Slippery Elm Bark** and **Mullein**, used to help ease minor throat irritation, combine with **Wild Cherry Bark** and **Licorice** in this comforting and sweet blend.*

Yoga for Vitality

Sit cross-legged or in a chair with spine straight and feet flat. Stretch your arms straight out, parallel to the ground, palms facing each other and fingers spread. Breathe deeply through nose for 1 to 3 minutes. Next, inhale, hold, make fists and bring them to chest under maximum tension. Exhale slowly and relax.

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

Our story began in 1969 when Yogi Bhajan, 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".