



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.



Green Tea Lemon Ginger

SUPPORTS VITALITY AND DIGESTIVE FUNCTION*

CONTAINS CAFFEINE~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 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 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".



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CONTAINS CAFFEINE
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: 1,870 mg		
Organic Green Tea Leaf		†
Organic Ginger Root		†
Organic Lemongrass		†
Organic Lemon Peel		†
Organic Licorice Root		†
Organic Peppermint Leaf		†
Organic Black Pepper		†
† Daily Value not established.		
Other Ingredients: Organic Lemon Flavor, Organic Ginger Root Oil, Citric Acid, Natural Licorice Flavor.		
Each tea bag contains approximately 44 mg of caffeine, as compared to approximately 90 mg in 8 oz of coffee.		
WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing.		
East West Tea Company, LLC Springfield, Oregon 97477 Certified Organic by QAI, Inc.		



Celebrate Well-Being with Green Tea Lemon Ginger

Breathe in the invigorating aroma of our Green Tea Lemon Ginger. This lively, organic blend provides a refreshing pick-me-up with bright citrus notes from Lemon Peel and Lemongrass. Ginger and Peppermint add intrigue and help to support digestion thanks to their naturally warming and enlivening qualities. The highest quality Organic Green Tea Leaves from India, China and Sri Lanka supply antioxidants in this spirited blend. So sit back, and enjoy a cup of this flavorful tea and refresh your well-being naturally!

*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 just to boiling and steep 3 minutes. To support digestion, drink a cup with your meal, and repeat 15 to 20 minutes afterward.* Enjoy 2 to 4 cups per day.

At Yogi, it's about more than creating deliciously purposeful teas. Learn about our efforts to do good at home and around the world at yogiproductions.com/doing-good.

