



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.

Yogi

Honey Lavender Stress Relief™

SOOTHING SERENITY BLEND*
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 Bhaijan, 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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CAFFEINE FREE
HERBAL SUPPLEMENT
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
Passionflower Plant Extract	36 mg	†
Proprietary Blend of Herbs:	1,686 mg	
Organic Rooibos Leaf		†
Organic Chamomile Flower		†
Organic Lemon Balm Leaf		†
Organic Spearmint Leaf		†
Organic Lemongrass		†
Organic Lavender Flower		†
Organic Peppermint Leaf		†
Organic Lemon Myrtle Leaf		†
Organic Sage Leaf		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Natural Honey Flavor, Organic Lavender Flavor, Natural Vanilla Flavor.

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

Honey Lavender Stress Relief™ contains Organic Rooibos from Rainforest Alliance Certified™ farms. www.rainforest-alliance.org

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



Find Serenity with our Honey Lavender Stress Relief™

Relax and enjoy a cup of our Honey Lavender Stress Relief tea, a delicious blend specifically formulated to help calm your mind and body. Traditionally used to promote relaxation by soothing the nerves, Lemon Balm Leaf and Passionflower Plant Extract combine with Organic Chamomile and Lavender Flower for a comforting and deliciously intriguing blend that promotes a sense of calm. Relax and enjoy a cup of this soothing tea-blended with sweet Honey flavor and Spearmint to help calm you during a stressful day or to ease you into a restful night.*

Buying products with the Rainforest Alliance Certified™ seal of approval safeguards the rights and well-being of workers, conserves natural resources and protects wildlife and the environment.

*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.

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.