

Honey Lemon Throat Comfort®

SOOTHES THE THROATS

CAFFEINE FREE~HERBAL SUPPLEMENT



Yoga to Loosen Up Your Pipes

Sit cross-legged or in a chair with spine straight and feet flat. Close eyes and rest hands on knees. Inhale through nose as you turn your head to face over right shoulder, exhale through nose as you turn to face over left shoulder. Continue 1 to 3 minutes. Then, face forward, take a few deep breaths and switch sides. Feel energy, warmth and light expand through your throat and spirit.

Before doing this exercise or participating in any exercise program, consult your opening and the program of th

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 anomatic spiced tea they affectionately named "Yogi Tea".



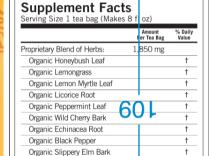


SOOTHES THE THROAT*

CAFFEINE FREE
HERBAL SUPPLEMENT
16 TEA BAGS - NET WT 1.12 OZ (320)







Organic Stevia Leaf
† Daily Value not established

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Utner Ingratient: Organic Lemon Flavor, Natural Honey
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.

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











When You Need a Little Throat Comfort

The perfect way to help soothe your throat is with a cup of our certified organic Honey Lemon Throat Comfort* tea. This traditional herbal formula, flavored with Honey and Lemon, includes Slippery Elm Bark, prized by Western herbalists for its usefulness in soothing minor throat irritation. Wild Cherry Bark, traditionally used by native North Americans for its soothing effects, lends a naturally sweet cherry flavor. We augment this recipe with Echinacea Root and a burst of Peppermint for cooling refreshment. Enjoy our Honey Lemon Throat Comfort tea as a naturally tasty treat or when you need a gentle and comforting blend to soothe your throat.*

*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. To warm up or soothe the throat, such as for singing or public speaking, sip as needed throughout the 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 vogiproducts.com/doing-good.