

To help protect our forests and reduce landfill burden, Yogi Tea certifies 100% of its tea and paper. Post-consumer waste, and are printed with environmentally friendly vegetable-based inks.

20 CAD 7544 recycled paperboard

Yogi

Honey Lemon Throat Comfort®

SOOTHES THE THROAT*

CAFFEINE FREE ~ HERBAL SUPPLEMENT

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

Inspire 20s 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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recyclable • non-irradiated • oxygen-bleached tea bags
Please recycle this box.

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BEST BEFORE:

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 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".

CAFFEINE FREE
HERBAL SUPPLEMENT
16 TEA BAGS - NET WT 1.12 OZ (32g)

NON GMO PROJECT VERIFIED

USDA ORGANIC

Yogi

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Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1.850 mg	
Organic Honeybush Leaf		†
Organic Lemongrass		†
Organic Lemon Myrtle Leaf		†
Organic Licorice Root		†
Organic Peppermint Leaf		†
Organic Wild Cherry Bark		†
Organic Echinacea Root		†
Organic Black Pepper		†
Organic Slippery Elm Bark		†
Organic Stevia Leaf		†

† Daily Value not established.

Other Ingredients: 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.

USDA ORGANIC

VEGAN

RECYCLABLE

COMPOSTABLE TEA BAGS

Certified

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 yogiproductions.com/doing-good.