prince, Yogi tea cartons use 10096 Reperboard, 5596 Post Consumer Waste printed with environmentally-frien vegetable-based inks.

Yogi

## Raspberry Ginger

SUPPORTS DIGESTION\*

CONTAINS CAFFEINE → HERBAL SUPPLEMENT

ner Waste, and are itally-friendly inks.

To help protect our forests and reduce land burden, Yogi tea cartons use 100% Recycle aperboard, 55% Post Consumer Waste, and printed with environmentally-friendly vegetable-based inks.

s and yourself

**Supplement Facts** 

Organic Assam Black Tea Leaf

Proprietary Blend of Herbs:

Organic Ginger Root

Organic Anise Seed

Organic Bay Leaf

Organic Raspberry

Organic Stevia Leaf

† Daily Value not established.

you are pregnant or nursing.

East West Tea Company, LLC

Springfield, Oregon 97477

Certified Organic by QAI, Inc.

Organic Hibiscus Flower

Organic Spearmint Leaf

Organic Pu-erh Black Tea Leaf

Other Ingredients: Organic Raspberry Flavor, Organic Boysenberry Flavor, Organic Vanilla Bean.

Each tea bag contains approximately 33 mg of caffeine, as compared to approximately 90 mg in 8 oz of coffee. WARNING: Consult your healthcare provider prior to use if

Serving Size 1 tea bag (Makes 8 fl oz)

or we'll gladly refund ye
Inspire us and

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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1,840 mg



With Assam and Pu-erh Black Tea



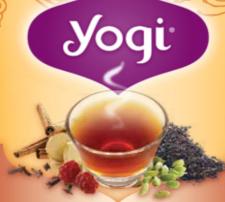
## Yoga for Balance and Energy

Sit cross-legged or in a chair with feet flat. Close left nostril with left hand and inhale slowly and deeply through right nostril. Then close right nostril to exhale slowly through left. Inhale through left nostril, then close it to exhale through right. Repeat for a few minutes at 4 to 6 breaths per minute. Steady breath is the key to steady energy.

efore 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".





## Raspberry Ginger

CONTAINS CAFFEINE
HERBAL SUPPLEMENT
16 TFA RAGS \_ NIFT MT 1 12 07 (22)















For millennia, Ayurvedic practitioners and herbalists throughout the world have used Ginger for its invigorating and harmonizing digestive qualities. This all-organic blend builds on this tradition by combining Ginger with a unique blend of herbs, including Anise, Spearmint and energizing Assam and Pu-erh Black Tea Leaves. Real Raspberry and Hibiscus add sweet yet tart notes to this delicious and intriguing blend. Enjoy an uplifting cup of Raspberry Ginger after a meal or in the aftermoon to help you feel vibrant and invitorated!\*

These statements have not been evaluated by the FDA. This product



## Get the Most Out of Every Cup

Bring water to boiling and steep 4 to 6 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 yogiproducts.com/doing-good.