

100% Recycled Paperboard

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.



Raspberry Ginger

SUPPORTS DIGESTION*

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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* recyclable
* non-irradiated
* oxygen-bleached tea bags
Please recycle this box.



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BEST BEFORE:



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.

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".

With Assam and Pu-erh Black Tea



Raspberry Ginger

SUPPORTS DIGESTION*

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:	1,840 mg	
Organic Assam Black Tea Leaf		†
Organic Ginger Root		†
Organic Anise Seed		†
Organic Hibiscus Flower		†
Organic Spearmint Leaf		†
Organic Pu-erh Black Tea Leaf		†
Organic Bay Leaf		†
Organic Raspberry		†
Organic Stevia Leaf		†

† Daily Value not established.

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 you are pregnant or nursing.

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



Find Balance with Raspberry Ginger

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 afternoon to help you feel vibrant and invigorated!

*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 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 yogiproductions.com/doing-good.