

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.

Yogi

Refreshing Mint Vital Energy™

BLACK TEA BLEND THAT NATURALLY BOOSTS ENERGY*
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.yogiproducts.com

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



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BEST
BEFORE:



Yoga to Get Fired Up

Sit cross-legged or in a chair with feet flat. Clasp your hands together and lock your thumbs. Hold hands in front of your heart center. Inhale three short breaths through mouth and then exhale one long breath through nose. Tighten and relax the grip of your hands to the rhythm of your breath. Continue for 1 to 3 minutes and feel the energy circulate!

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".

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16 TEA BAGS - NET WT 1.27 OZ (36g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	2,250 mg	
Organic Peppermint Leaf		†
Organic Assam Black Tea Leaf		†
Organic Spearmint Leaf		†
Organic Cinnamon Bark		†
Cardamom Seed		†
Organic Ginger Root		†
Green Tea Leaf Extract		†
Organic Black Pepper		†
Stevia Leaf		†
Guarana Seed		†
Kola Nut		†
Organic Clove Bud		†

† Daily Value not established.

Each tea bag contains approximately 77 mg of caffeine, as compared to approximately 90 mg in 8 oz of coffee.

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



Awaken Your Natural Energy

In Traditional Chinese Medicine, chi is the body's natural flow of energy. When chi gets "stuck," we may be left feeling tired and out of balance. Get your chi moving freely with a rejuvenating cup of Refreshing Mint Vital Energy. Organic Assam Black Tea and Green Tea Extract deliver an invigorating burst of energy, while Organic Peppermint Leaf, Kola Nut and Guarana Seed support natural energy flow. Ginger and Cinnamon Bark complement the spirited peppermint to gently warm and detoxify. Cup after cup, this deliciously invigorating tea can help you feel fully vitalized so you can perform at your best!*

*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 just to boiling and steep for 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.