



To help protect our forest and reduce landfill burden, Yogi tea cartons are 100% Recycled Paperboard, 55% Post-Consumer Waste, and are printed with environmentally-friendly vegetable-based inks.

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Soothing Caramel Bedtime®

SUPPORTS A GOOD NIGHT'S SLEEP*
CAFFEINE FREE~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.yogiproduts.com

YOGI®
A product of East West Tea Company, LLC
950 International Way, Springfield, OR 97477, U.S.A.
www.yogiproduts.com

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BEST
BEFORE:



Yoga for Serenity

Sit cross-legged or in a chair with spine straight and feet flat. Now, close your eyes and block right nostril with right hand. Take deep, slow breaths through the left nostril. Continue for 1 to 3 minutes. Let the positive and relaxing feeling take over.

Before doing this exercise or participating in any exercise program, consult your physician.



Our story began in 1969 when Yogi Bhaajan, 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 1.07 OZ (30g)

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic California Poppy Plant	19 mg	†
L-Theanine Suntheanine®	8 mg	†
Proprietary Blend of Herbs:	1,735 mg	
Organic Chamomile Flower		†
Organic Rooibos Leaf		†
Roasted Chicory Root		†
Organic Skullcap Leaf		†
Organic Nutmeg Kernel		†
Organic Cinnamon Bark		†
Stevia Leaf		†
Cardamom Seed		†
Organic Ginger Root		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Caramel Flavor, Natural Vanilla Flavor, Natural Cinnamon Bark Oil, Natural Cardamom Seed Oil, Natural Ginger Root Oil.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing, taking any medication or if you have a medical condition.

Soothing Caramel Bedtime® contains Organic Rooibos Leaf from Rainforest Alliance Certified™ farms. www.rainforest-alliance.org

East West Tea Company, LLC
Springfield, Oregon 97477

Suntheanine® is a registered trademark of Taiyo International, Inc.



Relax and Unwind with Soothing Caramel Bedtime®

Breathe in and enjoy the enchanting aroma of Yogi Soothing Caramel Bedtime® tea. This blend is a delicious combination of Organic Chamomile Flower, Skullcap, California Poppy and L-Theanine specifically formulated to support relaxation, helping to calm the body and mind for a good night's sleep. Sweet Rooibos, Caramel and Vanilla flavors combine for a soothing, warming flavor that's just right for drinking before bedtime. Relax and unwind with a cup of our Soothing Caramel Bedtime tea.*

Buying products with the Rainforest Alliance Certified™ seal of approval safeguards the rights and well-being of workers, conserves natural resources and protects wildlife and the environment.

*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. Drink before bedtime.

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 yogiproduts.com/doing-good.