



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.

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Yogi

St. John's Wort Blues Away™

SUPPORTS EMOTIONAL BALANCE*
CAFFEINE FREE~HERBAL SUPPLEMENT

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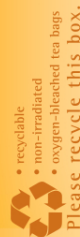
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Love our tea as much as we do
or we'll gladly refund your money.

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 to Uplift Your Spirit

Sit cross-legged or in a chair with spine straight and feet flat. With eyes gently closed, inhale through the nose in four even sniffs and exhale in one long breath. Use your complete lung capacity and keep breaths smooth. Sit back, smile and enjoy some bliss.

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".

Yogi Bhan

Yogi



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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
Organic St. John's Wort Leaf and Flower	870 mg	†
Proprietary Blend of Herbs:	1,356 mg	
Organic Fennel Seed		†
Organic Cinnamon Bark		†
Organic Spearmint Leaf		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Lavender Flower		†
Organic Fenugreek Seed		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Natural Licorice 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. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product.

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



Start Smiling with St. John's Wort Blues Away™

Sit back, relax and enjoy a flavorful cup of our warming and soothing St. John's Wort Blues Away tea. We use only the finest St. John's Wort Leaf and Flower, which have been traditionally used for centuries to help ease common tensions and nervous unrest by helping to settle the emotional imbalances caused by everyday stress. We then add soothing Fennel and lively, aromatic Organic Lavender to help promote a sense of calm. Enjoy a cup of St. John's Wort Blues Away tea and find harmony within yourself and the world around you.*

*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 3 to 4 cups a 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 yogiproduts.com/doing-good.