

To help protect our forests and reduce landfill burden, Yogi tea certifies 100% recycled paper bags. Yogi tea is 100% recycled paper bags and are printed with environmentally-friendly vegetable-based inks.

20 CAD 75% recycled paperboard

Stomach Ease

SUPPORTS HEALTHY DIGESTION*

CAFFEINE FREE~HERBAL SUPPLEMENT

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

Inspire and yourself at www.yogiproductions.com

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 Smooth Sailing

Sit cross-legged or in a chair with spine straight and feet flat. Grasp knees and move pelvis in big circles for 1 to 3 minutes, then reverse direction. As you rotate your spine, inhale when you are moving forward and exhale as you move backward. Keep your head up and relatively still.

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

Our story began in 1969 when Yogi Bhaan, 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".

Stomach Ease

SUPPORTS HEALTHY DIGESTION*

CAFFEINE FREE
HERBAL SUPPLEMENT
16 TEA BAGS - NET WT 1.02 OZ (29g)

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount per Tea Bag	% Daily Value
Organic Fennel Seed	314 mg	†
Proprietary Blend of Herbs:	1,258 mg	
Organic Licorice Root		†
Organic Cardamom Seed		†
Organic Coriander Seed		†
Organic Peppermint Leaf		†
Organic Ginger Root		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Barley Malt.

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.

Soothe with Stomach Ease

Our delicious all organic medley is purposefully formulated with a blend of herbs and spices traditionally used by herbalists to support healthy digestion. We combine perfectly sweet yet earthy Fennel Seed and Licorice with a refreshing combination of Peppermint and warming herbs Cardamom, Coriander and Ginger that can help support digestion.* So sit back, relax and unwind with a warm and soothing cup of Yogi Stomach Ease, enjoyable any time of day or night.

*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 yogiproductions.com/doing-good.