



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.



Lemon Ginger

SUPPORTS DIGESTION*

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.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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BEST BEFORE:



Yoga to Lift Your Spirits

Stand with feet as wide apart as possible. With arms against your sides, bend elbows to 90 degrees while keeping hands and wrists relaxed. Rotate hips in a large circle for 1 to 3 minutes, then reverse direction and continue for another 1 to 3 minutes. Move slowly in rhythm with your breath to allow the hip area to relax naturally.

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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SUPPORTS DIGESTION*

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HERBAL SUPPLEMENT
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:	1,953 mg	
Organic Ginger Root		†
Organic Lemongrass		†
Organic Lemon Peel		†
Organic Licorice Root		†
Organic Peppermint Leaf		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Lemon Flavor, Natural Licorice Flavor, Citric Acid.

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

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



Meet Our Lemon Ginger Blend

Our Lemon Ginger tea is a lively and refreshing certified organic blend based on a traditional formula that supports digestion and can help ease minor stomach upset. We use Ginger, used for centuries by Ayurveda practitioners to support digestion and warm the metabolism. The sourness of Lemon provides the perfect counterpoint to the piquant-sweet taste of Ginger. Licorice and Peppermint add sophisticated nuance to the formula. Enjoy a cup of Lemon Ginger tea when your tummy needs a little taming or when you simply want a delicious, lively herbal tea.*

*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. To support digestion, drink a cup with your meal, and repeat 15 to 20 minutes afterward.*

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.

