# Yogi

# Woman's Moon Cycle®

SUPPORTS A HEALTHY CYCLE\*

CAFFEINE FREE ~ HERBAL SUPPLEMENT

YOG1® A product of East West Tea Company, LLC 950 International Way, Springfield, OR 97477, U.S.A. www.yogiproducts.com

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### Yoga for Natural Comfort

Lie on back, bring knees to chest and hold them snugly. Relax in this position, breathing long and deep for 1 to 3 minutes. Enjoy the feeling of comfort as your body returns to its natural state of balance.

Before doing this exercise or participating in any

Our story began in 1969 when Yogi Bhajan, 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".

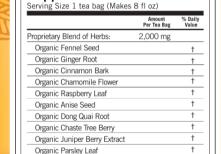




## Woman's Moon Cycle® SUPPORTS A HEALTHY CYCLE\*

CAFFEINE FREE HERBAL SUPPLEMENT 16 TEA BAGS - NET WT 1.12 OZ (32a)





**Supplement Facts** 

† Daily Value not established

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 OAI, Inc.







Our purposefully formulated all-organic blend contains and discomfort of your monthly cycle. We combine Dong Ouai, used in Traditional Chinese Medicine, with Chaste Tree Berry and Raspberry Leaf, all of which have been menstrual discomforts. We then add fragrant Chamomile which has been used for centuries to help relax and soothe the mind and body.\* Infuse harmony and comfort into the days of your monthly cycle with a calming cup of Woman's Moon Cycle.

\*These statements have not been evaluated by the FDA. This product



#### 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 1 to 3 cups a day. During premenstrual days, drink 4 to 5 cups throughout the day.\*











At Yoqi, 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.