

Yogi

Woman's Moon Cycle®

SUPPORTS A HEALTHY CYCLE*

CAFFEINE FREE ~ HERBAL SUPPLEMENT

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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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 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 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 1.12 OZ (32g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	2,000 mg	
Organic Fennel Seed		†
Organic Ginger Root		†
Organic Cinnamon Bark		†
Organic Chamomile Flower		†
Organic Raspberry Leaf		†
Organic Anise Seed		†
Organic Dong Quai Root		†
Organic Chaste Tree Berry		†
Organic Juniper Berry Extract		†
Organic Parsley Leaf		†

† 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 QAI, Inc.



Embrace Harmony with Woman's Moon Cycle®

Our purposefully formulated all-organic blend contains herbs traditionally used to help soothe the minor tensions and discomfort of your monthly cycle. We combine Dong Quai, used in Traditional Chinese Medicine, with Chaste Tree Berry and Raspberry Leaf, all of which have been traditionally used for centuries to address common 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 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 1 to 3 cups a day.

During premenstrual days, drink 4 to 5 cups throughout the 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.

