



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.

Yogi

Soothing Mint Get Regular®

GENTLE HERBAL LAXATIVE*

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.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 for Healthy Digestion

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

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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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 Senna Leaf	1,010 mg	†
Proprietary Blend of Herbs:	1,160 mg	
Organic Peppermint Leaf		†
Organic Anise Seed		†
Organic Stevia Leaf		†
Organic Dandelion Root		†
Organic Yellow Dock Root		†
Organic Licorice Root		†
Organic Celery Seed		†
Organic Coriander Seed		†
Organic Cinnamon Bark		†
Organic Amla Fruit (Amalaki)		†
Organic Belleric Myrobalan Fruit (Bibhitaki)		†
Organic Chebulic Myrobalan Fruit (Haritaki)		†
Organic Cardamom Pod		†
Organic Ginger Root		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Organic Orange Flavor, Organic Cinnamon Bark Oil, Organic Cardamom Seed Oil, Organic Ginger Root Oil.

NOTICE: This product contains senna leaf. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health.** Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. Not recommended for children under 12 years of age.

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



When You Need a Little Soothing Mint Get Regular®

Soothing Mint Get Regular tea is a delicious way to help you get regular. This all-organic herbal formula begins with Senna Leaf, which has been used for centuries as an herb that can help provide natural relief for occasional constipation. To help balance the effects of senna, we add Anise, Cardamom and Ginger, and "triphala," a blend of Amalaki, Bibhitaki and Haritaki fruits, which have been used in Ayurveda to help support the eliminative functions. So when your body needs a little assistance, brew a cup of Get Regular and get things moving naturally.*

*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 best results, drink 1 cup before bedtime. A comfortable bowel movement is usually produced in 6 to 8 hours. Do not use in excess of 4 cups in 24 hours or for longer than 10 days.*

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.