

YOLI  
CAFÉ  
PRODUCT  
INFO

# CALM

CALM SLIMMING TEA BLEND

[yoli.com/calm](http://yoli.com/calm)

## WELCOME TO YOLI CAFE

Welcome to Yoli Cafe, where premium tea and optimal nutrition are blended to perfection. Calm is an instant tea, blended with ingredients like chamomile, lavender, and lemon balm to help relax the mind and body.\* Feel the stress melt away with every sip.



## SUPPLEMENT FACTS

Serving Size: 1 Packet (4.2 g)

Servings Per Container: 30

Amount Per Serving	% Daily Value
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Calories 15	
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Total Carbohydrate 4 g	1%†
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Added Sugars 0g	0%
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Dietary Fiber 3g	9%
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Vitamin C 18mg	19%
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Sodium 90mg	4%
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PrebioAndra™ Blend 3025mg	†
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Inulin (Chicory Root Extract), Schisandra Extract (Fruit)

YoliCalm™ Blend 271 mg	†
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Chamomile Extract (Flower), Lemon Balm (Aerial Parts), Holy Basil Extract (Leaf), GABA (Gamma Aminobutyric Acid), Passion Flower Extract (Flower), Lavender Extract (Leaf)

†Percent Daily Values based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other Ingredients: Natural Flavors, Xylitol, Natural Colors, Silicon Dioxide, Stevia Leaf Extract.

## DIRECTIONS FOR USE

Stir right into 8-12 ounces of hot or cold water.

## INGREDIENTS

### YoliCalm™

Our YoliCalm™ blend includes Chamomile, Lemon Balm, Lavender, Passion Flower, Holy Basil Leaf, GABA, Chicory Root, and Schisandra, all designed to do one thing; help you relax.

### LEMON BALM AND LAVENDER

**Lemon Balm** and **Lavender** help maintain a sense of calm, and support peace of mind and tranquility. They also provide support for your nervous system anytime you might feel tense.

\*These statements have not been evaluated by the Food and Drug administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## CALM

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### INGREDIENTS

#### CHAMOMILE

**Chamomile** helps support relaxation and a restful night sleep. One of the best ways to wind down is by sipping a warm mug of Calm before bed.

#### PASSION FLOWER

**Passion Flower** soothes nerves and your stomach.

#### HOLY BASIL LEAF

**Holy Basil Leaf** promotes well-being and provides support for your body when things get extra stressful.

#### GABA

**GABA** stands for Gamma Aminobutyric Acid. GABA is the main inhibitory neurotransmitter in the human cortex, so it helps quiet your mind. It also supports restful sleep along with the Chamomile!

#### CHICORY ROOT

**Chicory Root** contains prebiotic fiber which will support optimal gut health.

#### SCHISANDRA

And, finally, **Schisandra** is an adaptogenic herb known for its calming effects and liver support.

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With all of these well-blended ingredients, a delicious flavor, and a nice way to wind down, Calm is the perfect addition to your relaxation routine whether it involves a massage, a book, or a nap.

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### Yoli's Favorite Relaxation Routine

Because we believe in a healthy lifestyle for every part of you, we're strong believers in unwinding and relaxing. In fact, we think you should take time to relax every single week! Here are some of our favorite things to do during our relaxation routine.

- Read a book
- Meditate or do yoga (or both)
- Cook a healthy meal
- Drink Calm
- Take a bath
- Go for a walk
- Listen to music
- Write in a journal

### FAQ

#### How do I make Calm?

Because Calm is an instant blend, it can be stirred right into 8-12 ounces of hot or cold water. If you prefer your tea with milk, you can also add a splash of almond or oat milk! Pour over a glass of ice for a nice refreshing drink on a hot and stressful day. If you prefer a sweeter version, feel free to add your favorite low-calorie sweetener, such as honey, xylitol, or stevia.

#### Should I only drink Calm at night?

Calm is the perfect drink for anytime you need some extra peace. It helps you wind down before bed, and settles your nerves before a stressful day. Because it contains no caffeine, it can be consumed morning, noon, and night. Add Dream, Yoli's proprietary sleep formula, to your nightly routine to really boost the effects of Calm. Dream is non-addictive and will help you get the rest you need.

#### Does Calm contain any caffeine?

Calm is an herbal tea instant blend and contains no caffeine, natural or otherwise.