



SUGGESTED USE:

Drink 1 to 3 cups a day.

DIRECTIONS:

Steep one tea bag in 8 ounces of hot water for 4 to 5 minutes. Enjoy hot or iced. Each tea bag can be re-steeped for an additional serving.

INGREDIENTS:

Decaf black tea, organic ginger root, organic fennel seed, organic nettle leaf, organic raspberry leaf, organic cinnamon chips, organic fenugreek leaf, organic cloves, cardamom, black peppercorns, all-natural chai spice blend.

DIETARY SUPPLEMENT WARNINGS:

Keep out of reach of children. Consult your doctor before using. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or prevent any disease.



Feed with love. Sip with purpose.

YOU GOT THIS

At Oat Mama, we support and celebrate being a mother. That's why we deliver energizing lactation teas and snacks as beautifully made as you are. Our Chai Spice tea is artfully blended with the very best organic, milk-boosting herbs, naturally decaffeinated black tea and warm, comforting chai spices. Every breastfeeding journey is unique. We believe your tea should be too.

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