

#### 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:

Organic hibiscus flower, organic fennel seed, organic raspberry leaf, organic alfalfa leaf, organic nettle leaf, natural blueberry and pomegranate flavors.

#### 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.

Learn more at [OATMAMA.COM](http://OATMAMA.COM)

[@OATMAMA](https://www.instagram.com/OATMAMA) [/OATMAMA](https://www.facebook.com/OATMAMA)

P.O. Box 43944, Tucson, AZ 85733



OAT MAMA®



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 Blueberry Pomegranate tea is artfully blended with the very best organic, milk-boosting herbs, refreshing hints of juicy blueberry, tart pomegranate and hibiscus. Every breastfeeding journey is unique. We believe your tea should be too.

MADE IN THE USA

WOMEN OWNED BUSINESS

