Golden Temple of Oregon, Inc.
2545-A Prairie Rd., Eugene, Oregon 97402
Tel.: 541-461-2160 Fax: 541-461-1633

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OCT 20 2005

Date: 10/07/05

Office of Nutritional Products, Labeling and Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

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This certification is filed in accordance with the Food and Drug Administration regulation 21 C.F.R. 101.93 (a) (3).

I certify that the information in the attached notification is complete and accurate, and that we have substantiation that the statements are truthful and not misleading.

By_____
Guru Hari S. Khalsa

Director Technical Services

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Office of Nutritional Products, Labeling and Dietary Supplements
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

NOTIFICATION OF STATEMENTS
OF NUTRITIONAL SUPPORT

This notification is filed by Golden Temple of Oregon, Inc., 2545-A Prairie Road, Eugene, Oregon 97402, pursuant to section 403®(6) of the Federal Food, Drug, and Cosmetic Act, 21 U.S.C & 343®(6).

Name of Dietary Supplement	Green Tea Slim Life
Name of Dietary Ingredients	Green Tea Leaf Extract, Catechins (65%), Ginseng and Eleuthro Root Extract (Panax ginseng, Panax quinquefolium, eleutherococcus senticosus), Garcinia Cambogia Fruit Extract, Organic Green Tea Leaf, Organic Bilberry Leaf, Organic Hibiscus Flower, Organic Amla Fruit (Amalaki), Organic Belleric Myrobalan Fruit (Bibhitaki). Organic Chebulic Myrobalan Fruit (Haritaki), Stevia Leaf
Statements of Nutritional Support for the Dietary Ingredients	1. Energizes and can help suppress the appetite. 2. Green Tea Slim Life is designed to support a healthy weight loss program and give you the energy you need to maintain an active lifestyle 3. Green tea (Camellia sinensis) supplies catechin polyphenois, chemical compounds that can help support the processes by which our bodies burn calories. 4. Ginseng & Eleuthro Root Extract (Panax ginseng, Panax quinquefolium, Eleutherococcus senticosus), an energizing extract that helps increase blood circulation. 5. Triphala, the Ayurvedic herbal blend of Amla Fruit (Amalaki), Belleric Myrobalan Fruit (Bibhitaki) and Chebulic Myrobalan Fruit (Haritaki), known for its gentle cleansing properties, is also used to improve digestion and support a weight loss program. 6. Garcinia Cambogia Fruit Extract (Garcinia cambogia) that contains hydroxycitric in independent animal studies have shown this substance to simultaneously

suppress the appetite and help reduce the accumulation of fats and cholesterol in the liver.

* * * * *

Name of Dietary Supplement	Honey Lemon Throat Comfort
Name of Dietary Supplement	Organic Honeybush Leaf, Organic Lemon Grass Leaf, Organic Lemon Myrtle Leaf, Organic Licorice Root, Organic Peppermint Leaf, Organic Black Cherry Bark, Organic Echinacea Root (Angustifolia, Purpurea, Pallida) Organic Black Pepper, Organic Slippery Elm Bark, Stevia Leaf
Statements of Nutritional Support for the Dietary Ingredients	1. Coats and soothes irritated throat 2. Honey Lemon Throat Comfort is a naturally sweet herbal supplement tea designed to support the respiratory system and soothe membranes in the trachea irritated by common everyday stress. 3, Slippery Elm Bark (Ulmus rubra), a favorite demulcent of Western herbalists prized for its mucilage content and usefulness in relieving minor irritation in the membranes of the throat. 4. The mucilaginous substance present in this demulcent herb help form a protective, slippery coating along the throat's lining. 5. Black Cherry Bark for its soothing effects, this native North American herb helps suppress spasms and soothes the muscles lining the bronchioles. 6. Immunity-enhancing herb Echinacea Root (Echinacea purpurea) and a burst of Peppermint leaf (Mentha piperita) that supports respiratory function. 7. Organic Honey Lemon Throat Comfort tea is a natural way to soothe an irritated throat.

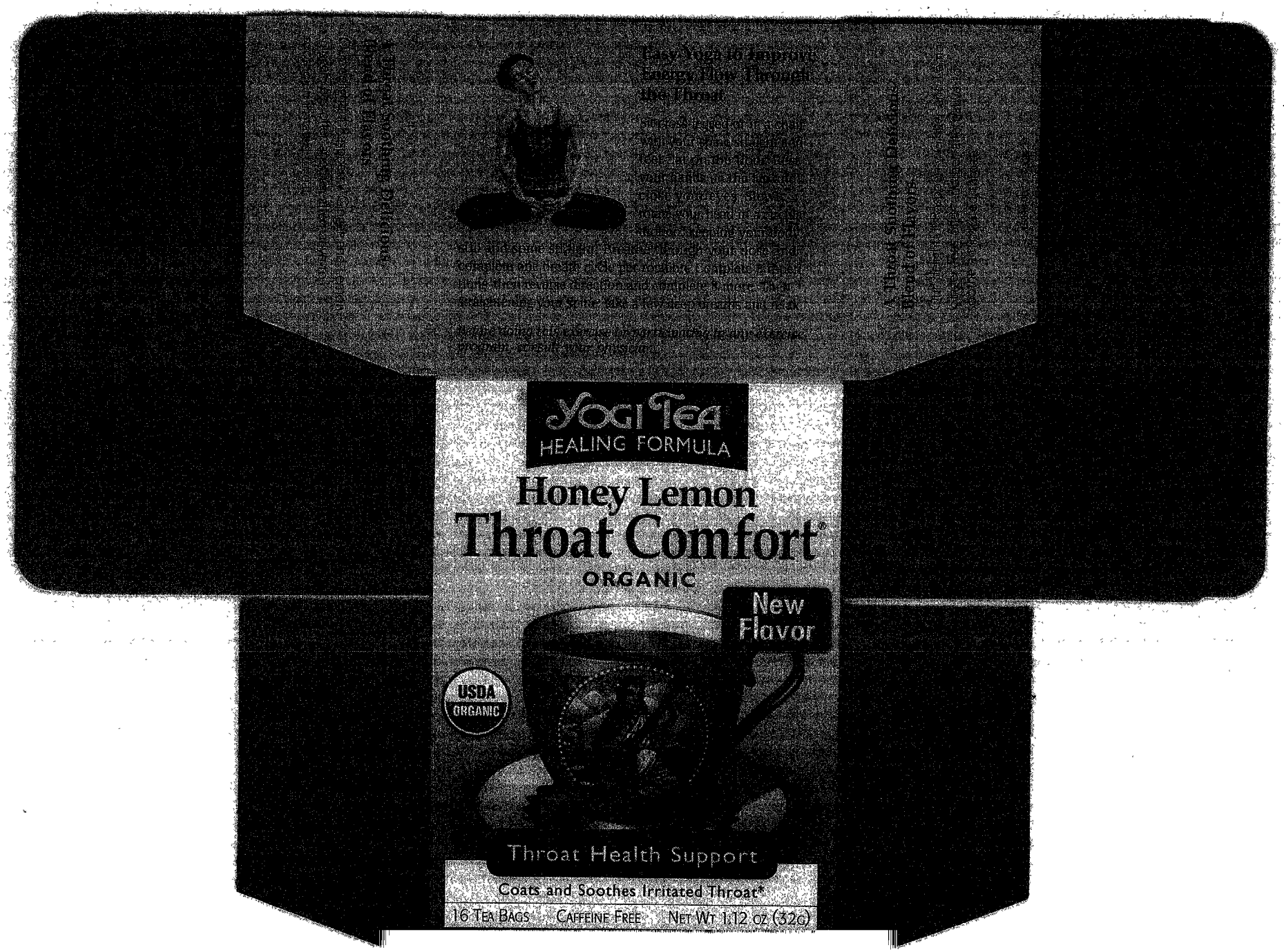
* * * * *

Name of Dietary Supplement	Morocco Orange Spice
Name of Dietary Ingredients	Organic Hibiscus Flower, Organic Orange Peel, Organic Cinnamon Bark, Organic Ginger Root, Organic Black Berry Leaf, Organic Lemon Grass, Organic Rose Hips, Safflower Flower, Organic Spearment Leaf, Organic Clove Bud, Organic Licorice Root, Rose Petal, Stevia Leaf

Statements of Nutritional Support for the Dietary Ingredients	1. Yogi Tea; carefully blended to uplift, body and soul

* * * * *

Name of Dietary Supplement	Sweet Thai Delight
Name of Dietary Ingredients	Organic Redbush Leaf, Organic Cinnamon Bark, Organic Anise Seed, Carob Pod, Coconut, Stevia Leaf
Statements of Nutritional Support for the Dietary Ingredients	1. Yogi Tea; carefully blended to uplift, body and soul


Easy Yoga to Improve Energy Flow Through the Throat
A Throat Soothing Delicious Blend of Flavors
YOGI TEA
HEALING FORMULA
Honey Lemon
Throat Comfort®
ORGANIC
New Flavor
USDA ORGANIC
Throat Health Support
Coats and Soothes Irritated Throat*
16 TEA BAGS
CAFFEINE FREE
NET WT 1.12 OZ (32G)

MOST EFFECTIVE
F USED BEFORE:

Our tea bags are 100% oxygen-bleached and recyclable.

We guarantee your satisfaction 100%, or your money back.

Directions

For optimum infusion, pour 8 oz boiling water over one tea bag and steep for 5 to 10 minutes. For a stronger effect, use 2 tea bags. Due to the naturally occurring mucilage in the herbs, the longer it steeps, the more soothing the tea will be. When your throat is irritated sip throughout the day. To care for a delicate throat, such as for singing or public speaking, drink 2-3 cups per day.

Serving Your Spirit®

In ancient India, yogis developed a sophisticated herbal healing system, a wisdom that Yogi Bhajan brought to the West in 1969 and used to create Yogi Tea. We combine this ancient system with the findings of modern science, choosing ingredients that are certified organic and not genetically modified, to create healing formulas to serve you: body, mind and spirit.

– Yogi Bhajan

To ensure the purity, quality and efficacy of this healing formula, we heat-seal each tea bag and cello-wrap each box.

Yogi Tea
A product of
Golden Temple
of Oregon, Inc.
2545 Prairie Road
Eugene, OR 97402
1-800-YOGI TEA
www.yogitea.com

Product of the U.S.A.
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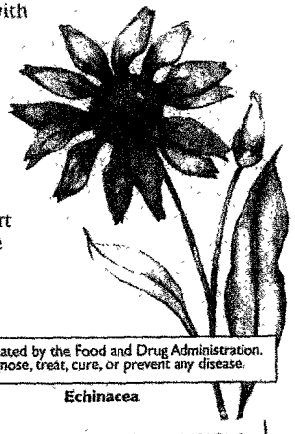
Yogi Tea® Healing Formula

Honey Lemon Throat Comfort is a naturally sweet herbal supplement tea designed to support the respiratory system and soothe membranes in the trachea irritated by common, everyday stress. Our healing formula is flavored with **Honey** and **Lemon** for their naturally sweet tastes. This herbal supplement includes **Slippery Elm Bark** (*Ulmus rubra*), a favorite demulcent of Western herbalists prized for its mucilage content and usefulness in relieving minor irritation in the membranes of the throat.* The mucilaginous substances present in this demulcent herb help form a protective, slippery coating along the throat's lining. Our herbal supplement tea also includes **Black Cherry Bark** for both its soothing effects and sweet cherry flavor. This native North American herb helps suppress spasms and soothes the muscles lining the bronchioles.*

This recipe is augmented with the immunity-enhancing herb **Echinacea Root** (*Echinacea purpurea*) and a burst of **Peppermint Leaf** (*Mentha piperita*) that supports respiratory function* and provides cool refreshment. Our organic Honey Lemon Throat Comfort tea is a natural way to soothe an irritated throat* with a delicious flavor adults and children will love.



Echinacea

*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.

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs	2000 mg	
Organic Honeybush Leaf		†
Organic Lemon Grass Leaf		†
Organic Lemon Myrtle Leaf		†
Organic Licorice Root		†
Organic Peppermint Leaf		†
Organic Black Cherry Bark		†
Organic Echinacea Root (Angustifolia, Purpurea, Pallida)		†
Organic Black Pepper		†
Organic Slippery Elm Bark		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Organic Lemon Flavor, and Natural Honey Flavor.

YOGI TEA®
Certified Organic by QAI, Inc.

Printed on Recycled Paper

Recyclable
Non-Irradiated

For more information about Yogi Tea, our healing formulas and the power of herbs, visit us at **www.yogitea.com**

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16 Tea Bags Herbal Dietary Supplement Net Wt 1.12 oz (32g)

Coats and Soothes Irritated Throat*

Throat Health Support

ORGANIC

Throat Comfort®

Honey Lemon

YOGI TEA®
HEALING FORMULA

Get Regular Supports Cleansing

One of the reasons people fast is to clean the body and improve elimination. Try using Get Regular tea; its gentle laxative effect improves both digestion and elimination and supports a cleansing program.

302240 15902-00

To Overcome Irrational Eating Habits

Sit cross-legged or in a chair with your spine straight and feet flat on the floor. Close your eyes and rest your left hand on the knee. Close off your right nostril with your right thumb and inhale through the left nostril slowly and deeply. Hold the breath in as long as you comfortably can, then let the breath out slowly, and hold it out as long as you comfortably can. Continue for 3-11 minutes and then relax.

© 2005, Yogi Bhajan. Before doing this exercise or participating in any exercise program, consult your physician.

Get Regular Supports Cleansing

One of the reasons people fast is to clean the body and improve elimination. Try using Get Regular tea; its gentle laxative effect improves both digestion and elimination and supports a cleansing program.

YOGI TEA
HEALING FORMULA

Green Tea Slim Life™

MADE WITH ORGANIC GREEN TEA

Healthy Weightloss Support

Energizes and Can Help Suppress the Appetite*

16 TEA BAGS CONTAINS CAFFEINE NET WT 1.12 OZ (32G)

HERBAL DIETARY SUPPLEMENT

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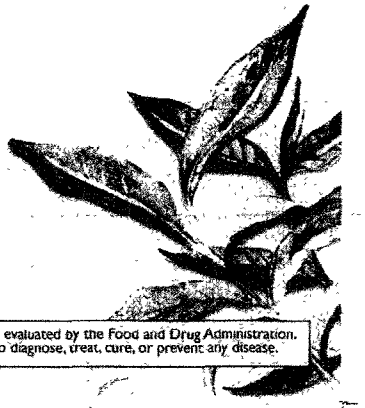


*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

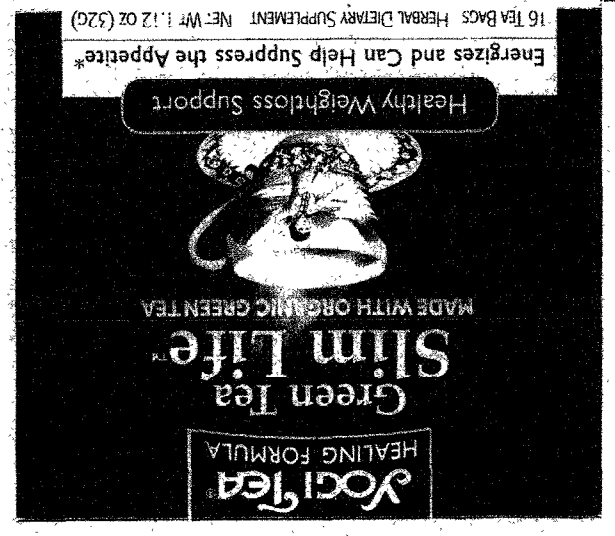
	Amount Per Tea Bag	% Daily Value
Green Tea Leaf Extract	40 mg	†
Catechins (65%)	26 mg	†
Ginseng and Eleuthro Root Extract (Panax ginseng, Panax quinquefolium, Eleutherococcus senticosus)	40 mg	†
Garcinia Cambogia Fruit Extract	20 mg	†
Proprietary Blend of Herbs	1640 mg	
Organic Green Tea Leaf		†
Organic Bilberry Leaf		†
Organic Hibiscus Flower		†
Organic Amla Fruit (Amalaki)		†
Organic Belleric Myrobalan Fruit (Bibhitaki)		†
Organic Chebulic Myrobalan Fruit (Haritaki)		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Natural Flavors

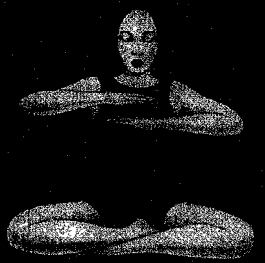
Each tea bag contains approximately 35 mg of caffeine, as compared to approximately 90 mg in 8 oz of coffee.

YOGI TEA®
Certified Organic by QAI, Inc.



Tropical Thai Shake

For a cool summer shake, prepare a strong pot of Sweet Thai Delight. When cool, add 1 cup vanilla ice cream and 1/4 cup coconut milk and blend. Makes two servings.



Meditation for Self-Renewal

Sit cross-legged or in a chair with your spine straight and feet flat on the floor. Raise your arms so that the hands are in front of your chest, right over left with palms facing down, about 4 inches apart. Close your eyes. Inhale deeply through the "o" of your mouth, expanding the ribcage and diaphragm. Exhale through the nose. Continue for 3-11 minutes. Inhale deeply, hold the breath, and squeeze your body while stretching the spine upwards, then exhale. Repeat 2 more times and relax.

© 2005, Yogi Bhajan. Before doing this exercise or participating in any exercise program, consult your physician.

Tropical Thai Shake

For a cool summer shake, prepare a strong pot of Sweet Thai Delight. When cool, add 1 cup vanilla ice cream and 1/4 cup coconut milk and blend. Makes two servings.

YOGI TEA®

Sweet Thai Delight™

Exotic Blend of Coconut, Rooibos & Spice

New!

Net Wt
1.12 oz (32g)

16 Tea Bags

CAFFEINE FREE ~ DIETARY SUPPLEMENT

Directions

Experience the exotic flavor of our Sweet Thai Delight. For an exquisite cup of tea, pour boiling water over one tea bag. Allow it to steep for 6 to 8 minutes, longer for stronger flavor. Try a delicious twist by adding your favorite creamer and sweetener to this tantalizing tea delight.

Serving Your Spirit

The story of tea has a wonderful mythology thousands of years old, and it is deeply entwined with the ancient traditions and spiritual practices of the East. Along the banks of the sacred rivers of India, yogis created mysterious herbal recipes with exquisite flavors. Yogi Bhajan brought this knowledge of yoga and herbs to life through the formulation of Yogi Tea, carefully blended to uplift, body and soul. The exotic spices and herbs gathered from all over the world create memorable aromas and tastes that are truly a bridge between past and present. We at Yogi Tea are committed to honoring the gifts of this legacy and to preserving the gifts of our planet. Our teas are made with certified organic ingredients, without genetic modification. Our mission is to serve your spirit.

– Yogi Bhajan

To ensure the freshness, quality and perfect flavor of your tea, we heat-seal each tea bag and cello-wrap each box.

MOST DELICIOUS IF ENJOYED BEFORE:

Our tea bags are 100% oxygen bleached and recyclable.

We guarantee your satisfaction 100% or your money back.

Product of the U.S.A.

© 2005 Golden Temple of Oregon, Inc.

Sweet Thai Delight™

A young girl was walking in the forest when the sky darkened and a hard rain began to fall. Exposed to the sudden storm, she walked to a small house ahead in a clearing. Smoke rose from the chimney and she sensed an enchanting aroma hanging in the air. An old woman invited her in and offered her a hot cup of sweet-smelling tea. The exquisite blend of coconut and spice filled the girl with delicious warmth and she quickly finished the tea. As the old woman poured a second cup, the girl stared into the swirling, steaming brew and a vision began to take shape. The scent grew stronger, the vision clearer. She saw herself dancing, dressed in a beautiful, flowing gown. She was joined by a man, smiling and gently calling, "My sweet, my sweet," as he held her in a tender embrace. As the vision faded, the girl found herself swaying alone in the forest, the sun shining bright through the tops of the trees, the scent of that sweet delight still lingering in the air.

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs	1740 mg	
Organic Redbush Leaf		†
Organic Cinnamon Bark		†
Organic Anise Seed		†
Carob Pod		†
Coconut		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Natural Flavors.

YOGI TEA®
Certified Organic by QAI, Inc.

Yogi Tea
A product of Golden Temple of Oregon, Inc.
[illegible]

Discover more about organic herbs and other exotic teas at www.yogitea.com

CAFFEINE FREE ~ DIETARY SUPPLEMENT

Net Wt 1.12 oz (32g)

16 Tea Bags

Exotic Blend of Coconut, Rooibos & Spice

Sweet Thai Delight™

For more information about our exotic teas, recipes, meditations and monthly features, visit us at: www.yogitea.com

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Orange Spice Cider

For an enchanting cider, mix 1 cup Morocco Orange Spice with 1 cup apple juice. Sprinkle cinnamon on top and enjoy. Makes two servings.

Meditation for Contentment

Sit cross-legged or in a chair with your spine straight and feet flat on the floor. Make a cup of the hands by putting the right hand over the left. Bring this cup at the level of the heart and look into it. Mentally focus on a single strong desire you have and inhale it deeply through the nose. Exhale the strong desire through the puckered mouth into the cup of the hands. Continue for 5-11 minutes, then relax.

© 2005 Yogi Bhajan. Before doing this exercise or participating in any exercise program, consult your physician.

Orange Spice Cider

For an enchanting cider, mix 1 cup Morocco Orange Spice with 1 cup apple juice. Sprinkle cinnamon on top and enjoy. Makes two servings.

YOGI TEA®

Morocco Orange Spice

New!

Net Wt
1.12 oz (32g)

16 Tea Bags

Savor the flavor of sweet sunshine that fills every cup of Morocco Orange Spice. For a delicious brew, pour boiling water over one tea bag and allow it to steep for 6 to 8 minutes. Add exotic excitement to your day with the spicy sweet flavor of this Moroccan delight.

Nurturing Your Spirit

The story of tea has a wonderful mythology thousands of years old, and it is deeply entwined with the ancient traditions and spiritual practices of the East. Along the banks of the sacred rivers of India, yogis created mysterious herbal recipes with exquisite flavors that helped bring in this knowledge of yoga and herbs to life through the formulation of Yogi Tea®, carefully blended to uplift body and soul. The exotic spices and herbs gathered from all over the world create memorable aromas and tastes that are truly a bridge between past and present. We at Yogi Tea® are committed to honoring the gifts of this legacy, and to preserving the gifts of our planet. Our teas are made with certified organic ingredients, without genetic modification. Our mission is to serve your spirit.

To assure the freshness, quality and perfect flavor of your tea, we box each tea bag individually in a foil-wrapped pouch. Please

Product of the U.S.A.

Satisfaction 100%

Guaranteed

Or your money back.

Enjoy this tea hot or iced.

Steep 6 to 8 minutes.

ENJOYED BEFORE

GST DELICIOUS

Morocco Orange Spice

When I reached the desert oasis, I encountered a smiling little boy whose face turned toward the sun. He greeted me with a plump, round orange and said, "Beautiful day, isn't it?" Before I could thank him, he skipped away, giggling. Suddenly, a gentle breeze came, filling my senses with a sweet citrus scent. I felt myself lifted from the ground, the aroma carrying me through the air, all the way to the sun. The shining light filled me with joyous warmth, but when I opened my eyes I was back on the ground amidst an enchanting fragrance. The boy had returned, brewing tea with the tantalizing aromas of orange, cinnamon and ginger. He poured me a cup and I experienced a spicy citrus flavor sent from the sun itself. I smiled to the boy and said, "You were right, it is a beautiful day."

Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1735 mg	
Organic Hibiscus Flower		†
Organic Orange Peel		†
Organic Cinnamon Bark		†
Organic Ginger Root		†
Organic Black Berry Leaf		†
Organic Lemon Grass		†
Organic Rose Hips		†
Safflower Flower		†
Organic Spearmint Leaf		†
Organic Clove Bud		†
Organic Licorice Root		†
Rose Petal		†
Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Citric Acid, Natural Flavors, Organic Orange Oil.

YOGI TEA®

Certified Organic by QAI, Inc.

Yogi Tea

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Printed on Recycled Paper

Recyclable

Non-Irradiated

Net Wt 1.12 oz (32g)

16 tea bags

CAFFEINE FREE - HERBAL INFUSION

Morocco Orange Spice

YogiTea®

For more information about our exotic teas, recipes, meditations and monthly features, visit us at www.yogitea.com