Teapigs Cleanse Citrus Detox: A Frank Review

From the teas.co.uk wiki

> **Teapigs Cleanse, in summary:** Teapigs Cleanse is well-made citrus-and-herb but the detox claim is marketing. What the blend actually does, when to drink it, what to compare with.

Last reviewed by the teas.co.uk team in April 2026.

Teapigs Cleanse is a citrus + green tea + nettle blend marketed as a detox tea. Our verdict: the "detox" claim is marketing, your liver and kidneys handle that, but as a refreshing low calorie green tea and citrus drink it's properly good. Sharp, citrusy, mildly diuretic from the nettle. Drink it because you like the taste, not because it cleanses anything.

The blend

Teapigs Cleanse contains:

- Green tea base.
- Lemongrass.
- Nettle leaf.
- Citrus peel (lemon and orange typically).
- Sometimes additional botanicals.

Light, citrusy, fresh tasting. Not strong spiced; not heavy.

How it tastes

- **Aroma:** Bright lemongrass + citrus.
- **First sip:** Light green tea body with citrus brightness.
- **Mid cup:** Lemongrass and nettle emerge, slight herbaceous depth.
- **Finish:** Light, refreshing, slightly drying.

Curator Rating: 4.9/5.

The "detox" claim, looked at closely

"Detox" is marketing, not science. Your liver and kidneys detoxify your blood. They do this whether you drink tea or not. No tea blend "flushes toxins" or "cleanses" in any meaningful biological sense.

What Teapigs Cleanse actually does:

- Hydrates (it's tea, adds fluid).
- Provides green tea catechins (mild antioxidants).
- Mildly diuretic from nettle (more frequent urination, not "detox").
- Refreshing low calorie alternative to soft drinks.

If you drink Teapigs Cleanse instead of a sugary soft drink, you've made a healthy swap, but call it "displacement," not "detox."

How to brew

1. 1 temple bag in a mug.
2. 200ml water at 80°C (cooler than boiling, protects green tea).
3. Steep 3-4 minutes.
4. Drink unsweetened. Optionally add lemon slice for extra citrus.

Iced version

1. 2 bags + 500ml cold water cold brewed 6 hours.
2. Strain. Drink chilled with ice and lemon.

Excellent summer drink.

Compared to other "detox" teas

vs senna based detox teas

Senna based detox teas cause diarrhoea (laxative). They cause water and electrolyte loss, not "detox." Teapigs Cleanse is far better, no laxative, just a refreshing green citrus blend.

vs Pukka Cleanse

Pukka Cleanse is a similar blend (nettle, lemon, green tea). Both are functionally green tea + nettle + citrus. Equivalent.

vs Twinings Cleanse

Mainstream version. Lighter on the green tea; similar herbal profile.

vs plain green tea + lemon

You can recreate Teapigs Cleanse for less by brewing your own green tea + lemon slice. Teapigs adds the lemongrass and nettle dimension and the temple bag convenience.

Caffeine

20-30mg per cup, green tea base. Lower than black tea but not caffeine free. Don't drink late evening if sleep is sensitive.

The displacement effect (where this genuinely helps)

If you drink 2 cups of Teapigs Cleanse instead of 2 cans of soft drink:

- Soft drink: 280-400 calories saved.
- Sugar reduced significantly.
- Hydration improved.
- Mild antioxidant intake.

Real benefit, but it's the displacement, not the tea itself, that's doing the work.

What Teapigs Cleanse is good for

- Refreshing summer drink (especially iced).
- Low calorie alternative to flavoured drinks.
- Mild green tea boost without the bitterness of pure green tea.
- The "January reset" feeling (psychologically, not biologically).
- Hydration with mild diuretic boost (good after salty meals).

What it won't do

- Detox your body.
- Cause weight loss directly.
- Flush "toxins."
- Cleanse organs.
- Counteract a poor diet.

Use cases

Morning citrus tea

Brighter, lighter alternative to standard green tea.

Hydration after exercise

Iced for post run refreshment.

Summer afternoons

Cold brewed for picnics and patio drinking.

"Reset" period drinking

January detox programmes (psychological), heavy eating day recovery (mostly displacement).

Light afternoon tea

Alternative to caffeine heavy black tea.

Pairings

- Salads and light meals.
- Citrus desserts.
- Yoghurt with berries.
- Fish dishes.
- Light biscuits (lemon shortbread).

Vegan

Yes, plant based.

Storage

Airtight tin or original packaging. Use within 12 months.

Buying

Available at Waitrose, Whole Foods, online specialty retailers. Use /buy/teapigs cleanse/.

Pricing

Premium tier, typically 35-45p per bag.

FAQ

Does it actually detox? No, your liver and kidneys do that. The blend is a refreshing green citrus drink.

Will it help me lose weight? Only via displacement of higher calorie drinks. The tea itself doesn't burn fat.

Caffeine? 20-30mg per cup.

Vegan? Yes.

Cold brew? Yes, works excellently iced.

Curator's note: Teapigs Cleanse is a genuinely good green citrus blend marketed with detox claims that aren't biologically true. Drink it because you enjoy bright citrus tea, not because it "cleanses" anything. The tea is good; the marketing is fluff. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Teapigs Cleanse as the morning herbal. Compare with straight nettle tea for the diuretic effect alone, dandelion root tea for the liver-support marketing claim, and ginger lemon blends for the digestion-and-citrus alternative. A small ceramic teapot brings out the layered herbs better than a bag-in-mug.

Pair it with the Teapigs range.

Reference noted

- British Dietetic Association: Detox diets. The body detoxifies itself through the liver, kidneys and gut; no food or drink does this better.

FROM THE CURATOR

teas · Start cheap, stay cheap until something stops you. Most rich teas reward patience, not budget.

Cleanse & detox reading

For ingredient context see the lemongrass tea guide, the nettle tea piece, the dandelion root tea overview, and the ginger tea guide. For the detox-myth context see the detox tea myths piece. For brand context see the Teapigs deep dive.

Part of the Tea for Digestion pillar at teas.co.uk.

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