Tropical Sun Camomile: A Caribbean Chamomile

From the teas.co.uk wiki

> **Tropical Sun Camomile, in summary:** Tropical Sun Camomile is the UK Caribbean grocery channel's everyday chamomile: standard quality, value-aware pricing, distributed through ethnic foods.

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

Tropical Sun Camomile is the brand's pure chamomile tea, Caribbean distributed but botanically standard chamomile flowers. Affordable, accessible to UK Caribbean diaspora and mainstream drinkers via Caribbean grocers and select supermarkets. Functionally equivalent to mainstream UK chamomile brands; available where mainstream chamomile may not be.

The product

Tropical Sun Camomile contains pure chamomile flowers (Matricaria recutita typically). Available in 20-bag and 40-bag packs.

How it tastes

Standard chamomile profile, apple floral, gently sweet, settling. More on chamomile flavour profile.

Curator Rating: 4.9/5 (functional equivalent to mainstream chamomile brands).

How to brew

1. 1 bag in 200ml mug.
2. Just boiled water.
3. Cover. Steep 5-7 minutes.
4. Drink unsweetened or with honey.

Use cases

- Bedtime tea.

- Stress moments.
- Stomach settling.
- Pregnancy friendly evening drink.
- Children: ask a pharmacist, health visitor or GP first

Compared to mainstream UK chamomile

vs Pukka Three Chamomile

Pukka uses three chamomile species; richer character. Tropical Sun is single species standard.

vs Twinings Pure Camomile

Equivalent, both mainstream tier single species chamomile.

vs Teapigs Chamomile

Teapigs has whole flower temple bag; premium tier. Tropical Sun is more affordable everyday option.

Why buy from Tropical Sun

- Caribbean grocer availability.
- Caribbean diaspora cultural connection.
- Often better pricing than mainstream brands.
- Supports Caribbean British retail.

Caffeine

0mg.

Vegan

Yes.

Pregnancy

Generally safe in moderation.

Pricing

Mid tier, typically £2-3 per 20-bag pack.

Where to buy

UK Caribbean grocers; Caribbean sections in mainstream supermarkets; specialty online retailers. Use /buy/tropical sun camomile/.

Pairings

- Honey on toast.
- Plain biscuits.
- Apple based desserts.
- Light evening snacks.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Pregnancy? The NHS advises no more than four cups of herbal tea a day in pregnancy and avoiding teas containing liquorice root. Ask your midwife or pharmacist if unsure.

Best for sleep? Yes, gentle settling.

How to brew? Just boiled water, 5-7 minutes covered.

Curator's note: Tropical Sun Camomile is the everyday chamomile available through Caribbean retail channels in UK. Functionally equivalent to mainstream brands. Worth knowing about for the variety. Lee, teas.co.uk, Tunbridge Wells.

Quick reference: Tropical Sun Camomile

Field	Detail
Ingredient	Chamomile flowers (single-herb infusion)
Pack size	Typically 25 bags per box
UK price	£1.50 to £2.50 (lower than Teapigs/Pukka equivalents)
UK availability	Caribbean grocers, ethnic foods sections, online specialists
Cup character	Standard chamomile-bag character; less premium than whole-flower Teapigs
Best for	Value-aware evening cup, Caribbean grocery shopping basket

What to buy now

Buy Tropical Sun Camomile as the value-aware Caribbean-channel chamomile. Step up to Teapigs Chamomile for the whole-flower premium variant, loose-flower chamomile from a herbalist for the best-quality route, and Pukka Three Chamomile for the multi-herb premium blend.

For the home shelf, the herbal & fruit infusions.

FROM THE CURATOR

teas · One good loose-leaf in a clean teapot beats five exotic bags drunk in a hurry.

Chamomile reading

For chamomile context see the chamomile tea guide. For Caribbean-channel context see the Tropical Sun deep dive and the Caribbean bush teas piece. For comparable premium chamomile see the Teapigs Chamomile review.

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