Tropical Sun Cleanse: A Caribbean Herbal Blend

From the teas.co.uk wiki

> **Tropical Sun Cleanse, in summary:** Tropical Sun Cleanse is the UK Caribbean grocery channel's daily cleanse-cup: dandelion, lemongrass, ginger. Mild diuretic, value-led.

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

Tropical Sun Cleanse is a Caribbean style detox blend, typically combining bitter and digestive herbs (cerasee, soursop, dandelion, ginger). The "cleanse" claim is marketing rather than science (your liver and kidneys do that), but as a refreshing herbal blend the components are real Caribbean tradition. Drink for the flavour and cultural connection, not for biological cleansing claims.

The blend

Tropical Sun Cleanse typically contains some combination of:

- Cerasee (bitter, traditional cleansing herb).
- Soursop leaves.
- Dandelion leaves.
- Ginger root.
- Sometimes additional Caribbean botanicals.

The assessment

The "Cleanse" claim is marketing. Your liver and kidneys handle detoxification. No tea blend "flushes toxins" or "cleanses" in any biological sense.

What Tropical Sun Cleanse actually does:

- Hydrates (it's tea, adds fluid).
- Provides mild digestive support.
- Mild diuretic effect (more frequent urination, not "detox").
- Traditional Caribbean herbal experience.
- Refreshing low calorie alternative to soft drinks.

Curator Rating: 4.9/5 (good blend, oversold marketing).

How it tastes

- **Aroma:** Earthy, slightly bitter, with mild ginger.
- **First sip:** Substantial bitter character (from cerasee).
- **Mid cup:** Earthy depth with ginger warmth.
- **Finish:** Long, slightly drying.

How to brew

1. 1 bag in 200ml just boiled water.
2. Steep 5-7 minutes.
3. Add lemon and honey to taste (helps with bitter cerasee character).

Compared to mainstream "detox" teas

vs senna based detox teas

Senna based detox teas cause diarrhoea (laxative). Avoid. Tropical Sun Cleanse is far better, no laxative.

vs Pukka Cleanse

Pukka uses nettle, lemon, green tea. Tropical Sun uses Caribbean herbs. Different flavour profiles; both gentle.

vs plain green tea + lemon

Plain green tea + lemon is cheaper and cleaner.

Caffeine

0mg (caffeine free herbal blend; verify exact ingredients).

Pregnancy warning

Cerasee in cleanse blends is NOT pregnancy safe. Pregnant women should avoid.

Use cases

- Caribbean traditional drinking.
- Refreshing alternative drinking.
- Post meal digestive.
- "January reset" psychological motivation.

Where to buy

UK Caribbean grocers, online specialty retailers, Caribbean food sections at supermarkets.

Pricing

Mid tier, £2-3 per 20-bag pack.

FAQ

Does it actually cleanse? No, your liver and kidneys do that. The blend is a refreshing herbal drink.

Pregnancy? Avoid (cerasee not pregnancy safe).

Caffeine? 0mg typically.

Vegan? Yes.

Cultural significance? Caribbean traditional medicine context.

Curator's note: Tropical Sun Cleanse is a Caribbean style herbal blend with traditional cultural roots. The "cleanse" marketing is fluff but the herbs are real. Drink for the flavour and cultural connection. Not for biological cleansing. Lee, teas.co.uk, Tunbridge Wells.

What you need to know: Tropical Sun Cleanse

Field	Detail
Brand	Tropical Sun (UK-based, Caribbean diaspora-focused)
Ingredients	Caribbean cleansing herb blend (typically dandelion, lemongrass, ginger, lime peel)
Caffeine	None; caffeine-free herbal
UK availability	Caribbean grocers, ethnic foods sections, online specialists
Marketing claim	"Cleansing"; the body already does this; the cup delivers mild diuretic + digestion effects
Best for	Caribbean-diaspora morning routine, mild diuretic days, ethnic-grocery-channel shoppers

What to buy now

Buy Tropical Sun Cleanse as the value-led Caribbean-channel morning herbal. Compare with Teapigs Cleanse at the premium tier, Pukka Detox for the wellness-marketed alternative, and straight nettle tea for the cleanest single-herb diuretic.

For the cupboard, see the English tea range and loose leaf range.

FROM THE CURATOR

teas · The cup you finish is the right cup. Skip the variety until that one is sorted.

Cleanse tea reading

For brand context see the Tropical Sun deep dive. For the detox-myth context see the detox tea myths piece. For comparable Caribbean morning teas see the Caribbean bush teas overview. For ingredient context see the dandelion root tea piece, the lemongrass tea guide, and the ginger tea overview.

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