Tropical Sun Moringa: The Superfood Leaf Tea

From the teas.co.uk wiki

> **Tropical Sun Moringa, in summary:** Tropical Sun Moringa is the UK Caribbean grocery channel's value-led superfood leaf tea. Nutrient profile, traditional use, daily routine context.

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

Moringa (Moringa oleifera) is one of the most nutritious plants known, high in vitamin A, calcium, iron, and antioxidants. Tropical Sun Moringa makes the dried leaves accessible as tea. Earthy, slightly grassy flavour. Marketed as "superfood tea", the nutrient claims are real but tea strength delivery is much weaker than supplement form. Worth knowing about; expect modest benefit.

What is moringa

Moringa oleifera (drumstick tree) is native to South Asia and now widely cultivated. Grown for:

- Edible leaves (used as vegetable across Asia and Africa).
- Edible pods (drumstick vegetable).
- Seed oil (cooking and cosmetic).
- Tea (dried leaves).

The "superfood" claims

Moringa leaves contain:

- Vitamin A (high).
- Vitamin C (moderate).
- Calcium (high).
- Iron.
- Protein (high for a leaf).
- Antioxidants.

The "superfood" framing is real, moringa is genuinely nutrient dense. But:

- Tea strength delivers tiny fraction of these nutrients.
- Eating moringa leaf or powder gives much higher doses.
- Marketing of moringa is often overblown vs evidence.

How it tastes

Earthy, slightly grassy, mild. Some find slightly bitter. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Steep 5-7 minutes.
3. Drink with lemon and honey if too earthy.

Use cases

- Antioxidant supportive daily drink.
- Caffeine free alternative.
- South Asian / African cultural connection.
- Variety in herbal tea routine.

What moringa tea won't do

- Replace nutritious diet.
- Cure conditions.
- Provide therapeutic doses of nutrients.
- Substitute for actual moringa supplements.

It's a nice antioxidant supportive drink, not a replacement for varied nutrition.

Caffeine

0mg.

Vegan

Yes.

Pregnancy

Moringa LEAVES are generally safe in moderation. Moringa root and bark are NOT pregnancy safe. Tea is leaves only, should be safe but consult GP.

FAQ

Caffeine? 0mg.

Superfood claims? Real for the plant; modest in tea strength.

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. Check with GP.

Cultural origin? South Asia and Africa.

Curator's note: Tropical Sun Moringa is the British retail entry to moringa tea. Genuine nutrient dense plant; modest tea strength delivery. Worth trying for variety. Lee, teas.co.uk, Tunbridge Wells.

Quick reference: Tropical Sun Moringa

Field	Detail
Brand	Tropical Sun (UK-based, Caribbean diaspora-focused)
Ingredient	Moringa oleifera leaves, single-source, in standard teabag format
Caffeine	None; caffeine-free herbal
UK availability	Caribbean grocers, ethnic foods sections, online specialists
Cup character	Grassy vegetable, faintly earthy, clean finish; daily-tonic character rather than indulgent
Best for	Daily nutrient-tonic routine, immune support, caffeine-free daytime cup

What to buy now

Buy Tropical Sun Moringa for the value-led daily-tonic cup. Compare with Dalgety Pure Moringa, spirulina tea for the comparable nutrient-dense alternative, and wheatgrass tea for another superfood-leaf option.

For the matching kit, the herbal & fruit infusions.

FROM THE CURATOR

teas · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

Moringa reading

For brand context see the Tropical Sun deep dive. For wider Caribbean herbal context see the Caribbean bush teas overview.

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