Twinings Bioblends: Lemon, Ginger & Turmeric

From the teas.co.uk wiki

> **Twinings Bioblends Lemon Ginger Turmeric, in summary:** Twinings Bioblends Lemon Ginger Turmeric is Soil Association organic certified with the crucial piperine addition for curcumin uptake.

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

Twinings Bioblends Lemon, Ginger and Turmeric is the brand's premium tier wellness blend, the in house response to Pukka and Yogi: lemon, ginger root, turmeric, and crucially black pepper for curcumin absorption. Premium pricing (12-18p per bag, roughly twice standard Twinings herbal). The Bioblends format uses pyramid shape silken bags rather than flat paper, which matters for the larger ingredient pieces. Daily antioxidant routine without going to the supplement aisle.

The blend

Lemon peel and natural lemon flavour (the bright top note), ginger root (the warming mid note), turmeric root (the earthy antioxidant base), black pepper (the curcumin absorption potentiator). The black pepper is not optional, it boosts curcumin bioavailability by roughly 2,000% per the Shoba 1998 study, which is why every credible turmeric blend includes it. Whole spice rather than powdered for the larger bag format.

How it tastes

Bright lemon hits first, ginger heat follows, turmeric earthiness sits in the middle and base, black pepper gives a faint tingle on the finish. Bigger and more complex than mainstream lemon and ginger because of the turmeric depth. Curator Rating: 4.9/5.

How to brew

1. 1 pyramid bag in 200ml just boiled water.
2. Cover the cup; turmeric and ginger volatile actives both benefit.
3. Steep 5-7 minutes; the silken pyramid lets the larger pieces unfurl.
4. Drink black, or with a teaspoon of honey for sore throat use.
5. For latte form: brew double strength, top with steamed oat milk, sprinkle of extra cinnamon.

Why the black pepper matters

Curcumin (turmeric's active compound) is famously poorly absorbed by the human gut, normal absorption is ~1%. Piperine (black pepper's active alkaloid) inhibits the liver enzymes that break curcumin down, raising bioavailability by an order of magnitude. A turmeric tea without black pepper is fine for flavour but barely delivers the antioxidant benefit. Bioblends includes the pepper deliberately; Pukka Turmeric Active and Yogi Turmeric Chai do the same.

Caffeine

0mg.

Vegan

Yes.

Use cases

- Daily antioxidant routine (drink consistently for 2-4 weeks for cumulative effect).
- Cold and flu support (warm cup with honey).
- Pre workout warmth (mild thermogenic from ginger and pepper).
- Post workout cup for joint comfort.
- Substitute for golden milk if you can't be bothered making it from scratch.

Pricing

Premium tier within mainstream Twinings, typically 12-18p per bag at 18-bag pack. Twice the per bag cost of standard Lemon & Ginger; the turmeric, black pepper, pyramid bag format and whole spice grade are what you pay for.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Daily routine? Yes; effects build over 2-4 weeks of regular use.

Black pepper included? Yes, essential for curcumin absorption.

Pregnancy? High-dose turmeric is not recommended in pregnancy, and the NHS advises no more than four cups of herbal tea a day.

vs Pukka Turmeric Active? Comparable; Pukka is organic at higher pricing, Twinings is mainstream premium.

What it can and can't do

Wellness tea supports general health routines; it doesn't replace prescription medication, dietary management, or NHS care. The placebo effect plus mild active compound effect plus the tea ritual itself are

the realistic benefits. Don't expect transformation; expect modest support.

Curator's note: Twinings Bioblends Lemon, Ginger and Turmeric is the premium daily antioxidant blend in mainstream retail. Real ingredients; convenient bag form. Lee, teas.co.uk, Tunbridge Wells.

The essentials: Twinings Bioblends Lemon Ginger Turmeric

Field	Detail
Brand	Twinings Bioblends (the brand's certified-organic premium sub-range)
Ingredients	Ginger root, turmeric, lemon peel, lemongrass, black pepper (for piperine absorption boost)
Certification	Soil Association organic certified; the differentiator vs standard Twinings Lemon and Ginger
Caffeine	None; caffeine-free herbal
UK availability	Most UK supermarkets, health-food shops, online direct from Twinings
UK price	£3.50 to £4.50 for 20 pyramid bags (18-23p per cup)
Best for	Drinkers who want certified-organic provenance + the warming+anti-inflammatory cup

What to buy now

Buy Twinings Bioblends Lemon Ginger Turmeric as the certified-organic-with-pepper option. Compare with Pukka Turmeric Active, Yogi Turmeric Vitality, and Clipper Organic Turmeric. For the maximum-effect route, pair with fresh turmeric root simmered in milk with extra pepper for the proper golden milk preparation.

FROM THE CURATOR

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

Turmeric tea reading

For brand context see the Twinings deep dive. For comparable products see the Pukka Turmeric Active review, the Yogi Turmeric Vitality piece, and the Tropical Sun Turmeric and Ginger overview. For ingredient context see the turmeric guide, the turmeric tea piece, the ginger tea overview, and the black pepper tea guide.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea

- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/