Twinings Glow Apple & Berry Green Tea

From the teas.co.uk wiki

> **Twinings Glow, in summary:** A fruity apple-and-berry green tea sold around skin. What the skin claim really amounts to, and how to brew the cup it actually is.

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

Twinings Glow is the brand's skin themed blend: a green tea base with apple, mixed berries (blackcurrant, raspberry, strawberry), rosehip and added vitamin C. The marketing angle is skin, but in practice it is a bright, fruity everyday green with a small vitamin contribution. A pleasant daily drinker, not a skin treatment.

The blend

A Chinese green tea base, apple pieces for body and sweetness, mixed berries (blackcurrant, raspberry, strawberry), rosehip (one of the highest natural vitamin C sources), hibiscus for colour, and added ascorbic acid for the back-of-pack vitamin C claim (around 30 to 50% of the RDA per cup).

How it tastes

Berry fruit leads, apple sweetness sits underneath, green-tea grassiness stays in the background, and rosehip and hibiscus give a tang on the finish. Bright, fruity and easy to drink, even for people who don't usually like green tea. Curator Rating: 4.9/5.

How to brew

1. For Glow, take 1 bag and 200ml of water a little off the boil, at roughly 80°C.
2. Cover the cup.
3. Steep 3 minutes for green-tea balance, or 5-plus for stronger berry character.
4. Drink black; honey is fine, milk muddies the fruit.
5. To ice it, cold brew 4 bags of Glow with a slice of strawberry in 1 litre of water, chill 6 to 8 hours and serve over ice.

What the "Glow" name means

Glow is marketed for skin, but it is really a fruity green tea with a little added vitamin C. In practice, the added vitamins are real but minor, the sort a normal varied diet already supplies, and the things that really help skin (enough water, sleep, sun protection and overall diet) do far more than any cup of tea. So drink it for the bright apple-and-berry flavour, not the promise. This is general information, not medical advice.

At a glance

Aspect	The read
What it is	Apple-and-berry flavoured green, "Glow"/skin-marketed
The skin claim	Added vitamins; not a clinical skin treatment
Caffeine	Standard modest green load; a daytime cup
Brew	Off the boil, short; cold brew works well

Use cases

- A daily fruity green as part of your fluid intake.
- A mid-morning green tea with berry character.
- A swap for sugary fruit drinks.
- Iced in summer, excellent over ice.

FAQ

Caffeine? 20 to 30mg per cup.

Vegan? Yes.

Does it really help skin? Only modestly and indirectly, through hydration and a little vitamin C. It is not a skin treatment.

Versus Twinings Defence? Same green base; Glow is themed on fruit and skin, Defence on winter colds.

Curator's note: Twinings Glow is a mainstream fruity green tea. Real ingredients; modest claims. Pleasant for daily drinking. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Glow for an easy, fruity everyday green. Compare across the green tea range and the wider Twinings range.

FROM THE CURATOR

teas · With Glow, the brewing matters more than the label on the box. A cool, careful brew lifts a budget green past a carelessly made premium one.

Green-tea reading

- Green tea explained
- Fruit tea
- Herbal tea overview
- Caffeine in tea

Reference noted

- PubMed: Green tea catechins and human health

The bottom line

A pleasant apple-and-berry green with a little added vitamin C and a beauty-coded name. Drink it for the bright fruit cup, not the glow. Brew it off the boil and short to keep it sweet; it cold-brews well over ice.

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