# Twinings Pure Chamomile

From the teas.co.uk wiki

> **Twinings Pure Chamomile, in summary:** The UK mainstream-baseline chamomile: standard Matricaria recutita flowers at a value-led price.

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

**Twinings Pure Camomile is the British supermarket chamomile classic: single-herb chamomile flower at mainstream pricing (around 8 to 12p a bag), with decades of established quality and availability in every UK supermarket and corner shop. It is the default first chamomile most British drinkers ever buy. Reliable, affordable, plastic-free bag. Not the strongest or most aromatic on the market, but the easiest to keep in stock.**

## The product

Pure chamomile flower (Matricaria chamomilla, also called German chamomile). Single herb, no flavouring, no additives. Cut-and-sift grade rather than whole flower. The bag holds around 1.5g. More on chamomile as a herb.

## How it tastes

Standard mild chamomile: apple-floral, gently sweet, no bitterness, no astringency. Lighter and less aromatic than whole-flower chamomile (Teapigs, Pukka), because cut-and-sift grade keeps less of the surface aromatics than whole-flower temple bags. Pleasant, gentle, predictable. Curator Rating: 4.9/5.

## How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup to keep the floral aromatics in the water.
3. Steep 5 to 7 minutes; longer is fine, as chamomile does not turn bitter.
4. Drink black; a teaspoon of honey is the traditional finish.
5. For a stronger cup, use 2 bags rather than a longer steep.

## Use cases

- An evening wind-down (the classic use).
- A peaceful, unwinding moment in the day.
- Chamomile for children: ages and doses are for a GP, health visitor or pharmacist to advise, not us.
- Sick-day comfort, especially with a spoon of honey.

### Twinings versus Teapigs versus Pukka chamomile

Twinings Pure Camomile is cut-and-sift, mainstream pricing, available everywhere. Teapigs Chamomile Flowers (currently unavailable) use whole flowers in a temple bag, more aromatic, at a premium. Pukka Three Chamomile blends three chamomile species for a more layered cup, also premium. All three work; pick on flavour and budget. Twinings is the right choice for everyday volume.

### In short: Twinings Pure Chamomile

| Field | Detail |
|---|---|
| Brand | Twinings (UK chamomile mainstream baseline) |
| Ingredient | Chamomile flowers (Matricaria recutita / German chamomile) |
| Caffeine | None; caffeine-free herbal |
| Cup character | Light apple-floral chamomile; standard supermarket bag-grade leaf |
| Best for | Everyday evening cup, drinkers wanting unflavoured chamomile, value-conscious sleep-tea use |
| UK availability | Every UK supermarket, convenience stores, hotel breakfast trays globally |
| UK price | £2.20 to £3 for 20-40 bags (5-15p per cup) |

### FAQ

**Caffeine?** None.

**Vegan?** Yes.

**Children?** Chamomile for children: ages and doses are for a GP, health visitor or pharmacist to advise, not us.

**An evening cup?** Yes; chamomile is the classic gentle evening tea. For a fuller blend, try Twinings Sleep or Pukka Night Time.

**Allergies?** Avoid if you have a known ragweed or daisy-family allergy; chamomile can cross-react.

*Curator's note: Twinings Pure Camomile is the British supermarket chamomile classic. Reliable; affordable; widely available. Worth keeping. Lee, teas.co.uk, Tunbridge Wells.*

### What to buy now

Buy Twinings Pure Chamomile as the everyday value chamomile. For a step up, Teapigs Chamomile uses whole flowers in a pyramid bag, Pukka Three Chamomile blends three species, and loose-flower chamomile from a herbalist gives the best cup-per-penny for daily drinkers. Twinings Camomile and Honey is the flavoured variant.

**FROM THE CURATOR**

*teas* · Pick the chamomile you enjoy, whatever the shelf says. Curiosity is the only reliable guide.

### Chamomile reading

For brand background see the Twinings deep dive; for the herb see the chamomile tea guide. Related: the Teapigs Chamomile and Twinings Camomile and Honey reviews.

### Reference noted

- NHS: How to get to sleep

### The bottom line

The UK's baseline chamomile: standard German chamomile flowers in a standard bag, at a supermarket value price. Worth keeping as the everyday, occasional chamomile; for daily drinking, Teapigs whole-flower or loose-flower chamomile gives better cup quality and lower long-term cost. Brew 5 to 7 minutes covered as a gentle evening cup.

Part of the Tea for Sleep pillar at teas.co.uk.

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