Yogi Ashwagandha Balance

From the teas.co.uk wiki

Yogi Ashwagandha Balance, in summary: Yogi Organic Ashwagandha Balance tea reviewed: a caffeine-free Ayurvedic adaptogen blend, what is in the cup, UK price, brewing tips and a plain safety note.

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

Yogi Tea Organic Ashwagandha Balance combines ashwagandha root with cinnamon, cardamom, ginger, and rooibos. Ayurvedic adaptogen tradition with mainstream functional positioning. The tea delivers a fraction of supplement-strength ashwagandha, so treat it as a pleasant daily routine cup, not a primary stress intervention. Useful as part of a broader stress management routine, not a substitute for one.

What ashwagandha is

Withania somnifera, also called Indian ginseng or winter cherry, is an Ayurvedic adaptogen with a long tradition of use for stress and relaxation. It is one of the more widely studied adaptogen herbs, but the meaningful results come from concentrated root-extract supplements rather than from tea.

A tea bag delivers a small fraction of the dose used in supplement studies, so the sensible way to read this cup is as an enjoyable everyday habit, not a measured dose of the herb.

The blend

Organic ashwagandha root (the lead), rooibos (caffeine free base), cinnamon (warmth), cardamom (aromatic lift), ginger root (warming), licorice root (gentle sweetness), and turmeric in some batches. Recipe varies; check the pack.

How it tastes

Spiced and earthy, with rooibos's mild reddish sweetness as the base. Ashwagandha contributes a slightly bitter, slightly malty note that the cinnamon and cardamom soften. Less sweet than a standard chai, more herbal and earthy but not unpleasantly so. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup.
3. Steep 7-10 minutes; ashwagandha root needs the longer steep for extraction.
4. Ashwagandha Balance is best black, or with a splash of plant milk.
5. Adaptogens are about routine, so this is a daily cup rather than a one-off.

Caffeine

0mg.

Vegan

Yes.

Pregnancy

Avoid. Ashwagandha is traditionally not recommended during pregnancy. For an evening cup in pregnancy, plain chamomile or lemon balm are gentler choices.

Good to know

The blend contains licorice root, so if you already drink a lot of strong licorice tea, or have high blood pressure, it is worth keeping an eye on. If you take thyroid or sedative medication, mention ashwagandha to your GP or pharmacist before making it a daily habit. At one or two cups a day most people are fine.

FAQ

Caffeine? 0mg.

Real adaptogen? Yes, ashwagandha is a real Ayurvedic adaptogen, though a cup is far gentler than a supplement dose.

Pregnancy? Avoid.

Daily or occasional? Daily; adaptogens are about routine.

Where to buy

Health food stores (Holland & Barrett, Whole Foods, Planet Organic), Ocado and Amazon UK, plus the health food sections of selected Tesco, Sainsbury's and Waitrose branches. Not usually found in the mainstream supermarket tea aisle.

Pricing

Premium tier among functional herbals: roughly £4 to £6 for a 17 bag pack, about 24 to 35p per cup. Dearer than mainstream UK herbals, but the organic certification and traditional formulation justify it for committed drinkers.

Storage

Airtight tin or original packaging. Use within 12-18 months for best flavour. The spice components are reasonably stable; any floral or fruit additives fade more quickly.

Yogi Organic Ashwagandha Balance at a glance

Field	Detail
Brand	Yogi Tea (functional tea brand founded in the US; widely sold in the UK)
Type	Caffeine free organic herbal infusion sold as an adaptogen
Hero ingredient	Ashwagandha root (Withania somnifera; classical Ayurvedic adaptogen)
Other ingredients	Liquorice root, cinnamon, ginger, cardamom, fennel, vanilla flavouring
Caffeine	0mg, naturally caffeine-free
Cup character	Sweet, spice-warm, slightly earthy from ashwagandha; liquorice sweetness, cinnamon top
UK availability	Holland & Barrett, Planet Organic, Ocado, Whole Foods and specialist wholefood shops
UK price	£4 to £6 or so for 17 bags, which is 24 to 35p a cup

Curator's note: Yogi Ashwagandha Balance is mainstream adaptogen tea. Real ingredients; modest tea strength delivery. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- Soil Association organic standards

FROM THE CURATOR

teas · Two or three good bags of Yogi reach £35, the line for free UK delivery. Start with one Yogi blend in a small order, not a splurge.

Wellness reading

For ingredient context see the liquorice root guide and the turmeric wiki. For a UK-organic alternative see the Pukka Night Time review. For category context see the wellness tea overview and the herbal tea fundamentals.

The bottom line on Yogi Ashwagandha Balance

A well built adaptogen tea for a daily habit, with a real Ayurvedic ingredient base, suited to an evening wind down. The per-bag dose is gentle, so think of it as a wind down routine rather than a measured dose of the herb. Worth keeping if you enjoy the cup; if you specifically want ashwagandha at supplement strength, capsules are the right format for that. Tasty, organic and well-positioned.

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