Yogi Detox

From the teas.co.uk wiki

> **Yogi Detox, in summary:** Yogi Organic Detox tea reviewed: a senna free organic herb blend for after meals, what detox tea really does, UK price, brewing tips and safety.

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

Yogi Detox is the brand's long standing blend with "detox" in its name: burdock root, dandelion root, ginger, juniper berries, cinnamon, cardamom, and clove. The "detox" claim is marketing language (your liver and kidneys do that job whatever you drink), but the herbs themselves are real and the cup is refreshing. The framing: drink it for the flavour, the warmth, and the contribution to general daily fluid intake. The "detox" branding may get you to try it, but do not expect it to clean anything out of your body.

The blend

Burdock root (traditional European blood purifier herb), dandelion root (mild diuretic, traditionally liver supportive), dry ginger root (warming, mild digestive support), juniper berries (mild diuretic, distinctive aromatic note), cinnamon, cardamom, and clove (warming aromatic balance). Crucially: no senna, no cascara, no stimulant laxatives. This puts Yogi Detox among teas that are safe for daily use, unlike harmful diet teas.

The detox claim

The word "detox" is marketing inherited from 19th century herbalism, not modern medicine. Your liver and kidneys clear waste 24/7, whatever you drink. The blend is a refreshing herbal drink with mild diuretic action (burdock and dandelion both have small documented diuretic effects); good for hydration and as a daily routine cup; not for clearing out your system or losing weight. Yogi's branding is modest by industry standards (compare teas that promise pounds shed), but the word "detox" still does marketing work the cup itself cannot back up.

How it tastes

Earthy lead from burdock and dandelion roots, slightly bitter mid palate from dandelion, warm spice background from cinnamon cardamom clove, ginger heat on the finish. Earthier and more bitter than most herbal teas; suits drinkers who like properly bitter herbal infusions, less so those used to fruit and floral teas.

Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup; the volatile aromatics from juniper and ginger benefit.
3. Steep 7-10 minutes; root based teas need the longer steep for full extraction.
4. Drink black; honey eases the bitterness if you find it strong.
5. Add a slice of fresh lemon for brightness.

Caffeine

0mg.

Vegan

Yes.

Senna free, why it matters

Many "detox" or "skinny" teas in the cheap supplement aisle contain senna or cascara, both stimulant laxatives. Senna strips water weight through dehydration (not fat), can be habit forming, can damage colon function with long term use, and is contraindicated in pregnancy. Yogi Detox contains none of them, which is why it is safe as an everyday cup. Thinking of a "detox" tea? Check the back of the pack for senna, cascara, frangula or rhubarb root (all stimulant laxatives) before buying.

Use cases

- An everyday routine cup with a mild diuretic effect.
- Hangover recovery hydration (caffeine free, mild diuretic helps).
- Post rich meal cup (the bitter herbs aid digestion).
- A safe swap for harmful senna based "detox" teas if you want the daily habit without the risk.
- Cold weather warming cup with the spice backbone.

FAQ

Real detox? No; "detox" is a marketing word. Your liver and kidneys do that work.

Senna? No; safe for daily use unlike harmful "skinny tea" products.

Caffeine? 0mg.

Vegan? Yes.

Pregnancy? Avoid; juniper and dandelion in concentrated form are not pregnancy recommended.

Drug interactions? Burdock and dandelion may interact with diuretics and lithium; consult GP if on regular medication.

Where to buy

Holland & Barrett, Whole Foods Market and independent wholefood shops, online specialists, supermarket shelves in some Tesco, Sainsbury's and Waitrose branches.

Pricing

Premium tier among herbal blends. Roughly 15 to 25p a bag in packs of 17 bags. Pricier than mainstream UK herbals; organic certification and a traditional formula justify that for people who drink it regularly.

Storage

Airtight tin away from light. Use within 12-18 months opened. The earthy roots in this blend (burdock, dandelion) hold up well; ginger fades a little faster.

The dandelion and burdock context

Dandelion root has documented mild diuretic action and supports liver function in animal studies; human evidence is more modest. In European herbalism burdock root was traditionally used to "purify the blood"; modern evidence is sparse but it is generally well tolerated. The two together make a pleasant earthy bitter cup; the "detox" claim is overstated, but the cup itself is real and refreshing.

The essentials: Yogi Organic Detox

Field	Detail
Brand	Yogi Tea, founded in the US and widely stocked in UK shops
Type	Caffeine free organic herbal infusion aimed at after meal comfort; the "detox" framing is marketing
Hero ingredients	Burdock root, dandelion root, juniper berry, fennel, cardamom, ginger
Other ingredients	Black pepper, cinnamon, clove, liquorice root, organic flavourings
Caffeine	0mg, naturally caffeine-free
Important note	Contains NO senna or other stimulant laxatives, unlike many "detox" teas; this is the safety difference that matters
UK availability	Holland & Barrett and Planet Organic, plus Ocado and Whole Foods
UK price	£4 to £6 for 17 bags, so 24 to 35p a cup

Curator's note: Yogi Detox is one of the safer teas with "detox" on the box. Real herbs; clear that there are no laxatives. Drink for the flavour. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- British Dietetic Association: Detox diets. The body clears its own waste through the liver, kidneys and gut; no food or drink does this better.
- Soil Association organic standards

FROM THE CURATOR

teas · Choose Yogi Detox for how the cup tastes, not for the label. Explore the rest of the herbal shelf once your taste is settled.

Wellness reading

For ingredient context see the dandelion guide and the ginger tea wiki. For category context see the detox tea overview (which takes apart detox claims more widely) and the wellness tea category. For straight digestive teas see fennel tea and peppermint tea.

The bottom line on Yogi Detox

A palatable warm herb infusion that will not clean out your system (no tea will) but makes a reasonable daily habit, with gentle herbs for after meals and, importantly, no stimulant laxatives. Worth keeping if you enjoy the cup and the feel good positioning. The "no senna" choice is the safety point that matters; the rest is daily habit rather than treatment. Skip it if you want a real detox effect (none exists) or the cheapest after meal cup (straight ginger or fennel tea is several times cheaper).

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

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