Yogi Immune Support

From the teas.co.uk wiki

> **Yogi Immune Support, in summary:** Yogi Organic Immune Support reviewed: an elderberry, echinacea and ginger blend, its real effects, UK price, how to brew it and safety notes.

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

Yogi Immune Support is the brand's blend for cold and flu season: elderberry, echinacea, ginger, lemongrass, and supporting botanicals. At tea strength it delivers only a fraction of any supplement dose, so think of it as a pleasant warming cup for the coughing-office season, not a clinical intervention. A really nice cup when October hits.

The blend

Elderberry (the lead, tart and sweet), echinacea (the familiar herbal backbone), ginger root (warming), lemongrass (citrus brightness) and licorice root (gentle sweetness, a traditional throat comfort). Yogi typically also adds astragalus or thyme depending on production batch.

How it tastes

Tart sweet elderberry leads, ginger warmth follows, lemongrass adds the citrus lift. Echinacea contributes a slightly grassy backnote that some drinkers find odd at first. The overall cup is bright and warming, easy to drink twice a day during a cold prone week. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup; the elderberry pigments are heat extracted and benefit from the longer hot steep.
3. Steep 7-10 minutes for full extraction (longer than most herbals).
4. Squeeze the bag against the cup wall before removing.
5. Add a teaspoon of honey for a sore throat; it brings its own gentle sweetness.

What it actually does

No tea strengthens your immune system in a sudden, measurable way. The immune system is maintained over the long term through sleep, a varied diet, exercise and time to unwind. What this cup actually offers is warm, caffeine free fluid (welcome during a cold), a little warmth from ginger, and the comfort of a familiar routine. The elderberry and echinacea here have been studied mostly at supplement strength; a tea bag delivers far less. Drink it because it is a good warming cup in cold season, not because the name promises protection.

Caffeine

0mg.

Vegan

Yes.

Good to know

If you have an autoimmune condition, or take drugs that suppress the immune system or blood thinners (such as warfarin), check with your GP before drinking this daily; echinacea and astragalus can interact. The blend also contains licorice root, so go easy if you have high blood pressure. One or two cups a day is fine for most people. In pregnancy, avoid licorice in concentrated form and check the ingredients pack by pack.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Does it really affect the immune system? No tea strengthens the immune system; warm fluid during a cold is the real gain.

Cold season use? Daily through October to March if you enjoy the cup.

Pregnancy? Avoid licorice in concentrated form; check ingredients pack by pack.

Where to buy

Holland & Barrett, Whole Foods Market and other wholefood shops, plus specialist web stores, supermarket ranges in selected Tesco, Sainsbury's and Waitrose stores.

Pricing

Premium tier among cold season herbals. A 17 bag pack works out at 15 to 25p a bag. Mainstream UK herbals cost less, but steady organic certification and a traditional formula make the premium worthwhile for loyal drinkers.

Storage

Airtight tin or original packaging. Use within 12-18 months for best flavour. Spice components (cinnamon, cardamom, cloves) are reasonably stable; floral and fruit additives fade more quickly.

Yogi Organic Immune Support at a glance

Field	Detail
Brand	Yogi Tea, an American herbal tea company with wide UK distribution
Type	Caffeine free organic herbal infusion sold for immune support, mainly in cold season
Hero ingredients	Echinacea, elderberry, ginger, astragalus, lemon balm, schisandra berry
Other ingredients	Liquorice root, cardamom, cinnamon, peppermint, organic flavouring
Caffeine	0mg, naturally caffeine-free
Cup character	Spice-warm with elderberry sweetness, gentle echinacea floral, peppery finish
UK availability	Whole Foods, Ocado, Holland & Barrett and Planet Organic
UK price	Between £4 and £6 for 17 bags (24 to 35p a cup)

Curator's note: Yogi Immune Support is a cold season herbal blend. Real ingredients; pleasant flavour. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Common cold.
- Soil Association organic standards

FROM THE CURATOR

teas · If you finish the box before spring, it was the right tea. Leave the other winter blends until then.

Wellness reading

For ingredient context see the echinacea wiki and the ginger tea page. For a sister Yogi blend see Yogi Ginger Lemon. For category context see the wellness tea overview and the herbal tea fundamentals.

The bottom line on Yogi Immune Support

A well built organic infusion of several herbs that is really nice during cold season, with warm, caffeine free fluid as its real gain. Worth keeping in the autumn-winter cupboard if the cup appeals; the elderberry and echinacea are studied mostly at doses far above a tea bag, so don't expect the name's promise. Warm fluid while you have cold symptoms is what the tea actually delivers; the promise in the name is marketing.

Part of the Tea for Colds and Flu pillar at teas.co.uk.

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