Yogi Licorice

From the teas.co.uk wiki

> **Yogi Licorice, in summary:** Yogi Organic Licorice tea reviewed: single-focus liquorice root blend, glycyrrhizin safety caution, UK price, brewing tips, who should drink it.

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

Yogi Organic Licorice is pure liquorice root tea, no other ingredients. Naturally sweet (50 times sweeter than sugar weight for weight, but with negligible glycaemic effect), genuinely gut soothing, distinctive love it or hate it flavour. Useful as a sore throat soother and a sugar craving substitute. The catch: glycyrrhizin in liquorice can raise blood pressure with heavy use; cap at 1-2 cups daily and avoid in pregnancy.

The product

100% organic liquorice root, milled to a coarse cut. No tea base, no other herbs, no flavourings. The bag is roughly two grams of pure root.

How it tastes

Pronounced anise sweet liquorice flavour, no bitterness, no astringency. The natural sweetness intensifies with longer steep. Drinkers who like Pontefract cakes, Bassett's Liquorice Allsorts, or Italian liquorice candies will love this; drinkers who don't like liquorice sweets will hate it. There is no middle ground. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup; the longer steep extracts more glycyrrhizin and intensifies the sweetness.
3. Steep 5-7 minutes for moderate sweetness, 8-10 for full intensity.
4. Drink black; milk muddies the flavour completely.
5. Reuse the bag for a second cup, the root has plenty left in it.

Caffeine

0mg.

Health considerations

Liquorice contains glycyrrhizin, a compound with documented effects:

- Raises blood pressure with sustained heavy use (more than 3-4 cups daily).
- Lowers blood potassium (hypokalaemia risk at high intake).
- Interacts with diuretics, ACE inhibitors, blood pressure medications, and corticosteroids.
- Can affect adrenal hormones; may not suit people prone to anxiety.

Practical guidance: cap at 1-2 cups daily for healthy drinkers, avoid entirely if hypertensive, on heart or kidney medication, or pregnant. Children under 12 should not drink concentrated liquorice tea.

The DGL alternative

Deglycyrrhizinated liquorice (DGL) is the supplement form with glycyrrhizin removed; it retains the gut soothing benefit without the blood pressure risk. If you want liquorice's gut benefits without the cap, DGL capsules are the safer route. This tea is not DGL.

Use cases

- Sore throat soothing (1-2 cups during a cold).
- Gut soothing (mild gastritis, indigestion).
- Sweet craving substitute when you want sweetness without sugar.
- After dinner palate cleanser.

Vegan

Yes.

FAQ

Caffeine? 0mg.

Pregnancy? Avoid.

Hypertension? Avoid or limit to occasional single cup.

Sweet without sugar? Yes, naturally sweet from glycyrrhizin.

Children? Not recommended under 12.

Where to buy

Health food stores (Holland & Barrett, Whole Foods Market, independent health stores), specialty online retailers, supermarket health food sections (selected branches of Tesco, Sainsbury's, Waitrose).

Pricing

Premium tier within the wellness category. Typically 15-25p per bag at 16-bag pack pricing. More expensive than mainstream UK herbals but consistent organic certification justifies the premium for committed drinkers.

Storage

Airtight tin or original packaging. Use within 12-18 months for best flavour. The dried root holds its sweetness well over that time.

In short: Yogi Organic Licorice

Field	Detail
Brand	Yogi Tea (US-founded wellness tea brand widely distributed in UK)
Type	Caffeine-free single-focus liquorice root infusion
Hero ingredient	Liquorice root (Glycyrrhiza glabra)
Other ingredients	None; single-ingredient pure liquorice root
Caffeine	0mg, naturally caffeine-free
Cup character	Deeply sweet, anise-warm, very distinctive; liquorice-forward without being aggressive
Safety caution	Contains glycyrrhizin; daily heavy use (4+ cups daily for weeks) can affect blood pressure and potassium levels
UK availability	Holland & Barrett, Whole Foods, Planet Organic, Ocado, Amazon UK
UK price	£4 to £6 per 16-bag pack (25-37p per cup)

Curator's note: Yogi Pure Licorice is the naturally sweet caffeine free tea. Watch consumption due to glycyrrhizin effects. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- Soil Association organic standards

FROM THE CURATOR

teas · Spend less on prestige, more on freshness. A two-month-old supermarket bag still beats a three-year-old gift tin.

Wellness reading

For ingredient context see the liquorice root ingredient guide with safety detail. For a sister Yogi blend that uses liquorice in a supporting role see Yogi Ashwagandha Balance. For category context see the herbal tea fundamentals and the wellness tea overview.

The bottom line on Yogi Licorice

A distinctive single-focus liquorice tea with real Glycyrrhiza glabra content, warm digestive-soothing herbal support, and a divisive but rewarding flavour for drinkers who enjoy liquorice. Use moderately (1-2 cups daily a few times a week, not multiple cups every day for months); be aware of the effect glycyrrhizin can have on blood pressure. Worth keeping if the cup appeals; skip if you have hypertension, heart conditions, or are pregnant.

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