Yogi Stomach Ease

From the teas.co.uk wiki

> **Yogi Stomach Ease, in summary:** Yogi Organic Stomach Ease tea reviewed: post-meal digestive blend, peppermint reflux caution, UK price, brewing tips, evidence summary.

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

Yogi Organic Stomach Ease is the brand's digestive blend: peppermint, fennel, cardamom, ginger, and licorice root. Each one a documented carminative (anti bloating) herb. The blend is fennel and mint forward with a warming spice tail. Genuinely useful for post meal bloating, gentle IBS support, and the after Sunday roast moment when a normal cup of tea feels like too much.

The blend

Peppermint leaf (the cooling carminative), fennel seed (the classic anti bloating herb), cardamom (gentle digestive warmth), ginger root (settles nausea), licorice root (light sweetness, soothes the stomach lining). The five together cover the main digestive complaints: gas, bloating, mild nausea, and post meal heaviness.

How it tastes

Mint hits first and cools the palate. Fennel follows with its anise like sweetness. Cardamom and ginger give the warm tail; licorice closes with mild natural sweetness. Cleaner tasting than most digestive blends because the spice profile is restrained, not loaded with fennel to the exclusion of other notes. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup; the volatile oils in mint and fennel are what work, do not let them escape.
3. Steep 5-7 minutes.
4. Drink black; milk dampens the carminative action.
5. A teaspoon of honey is fine if you want it sweeter.

Caffeine

0mg. Drinkable any time, especially after meals.

When to drink it

- 20-30 minutes after a heavy meal (the standard digestive window).
- During a bloating prone day for routine support.
- After a curry, roast, or rich pasta dish.
- For mild nausea (travel sickness, mild morning queasiness).
- As an evening wind down after dinner.

Reflux warning

Peppermint relaxes the lower oesophageal sphincter, which can worsen reflux (GERD). If you are reflux prone, choose a fennel led alternative without peppermint, Pukka Three Fennel or Heath & Heather Fennel are both options.

Vs Pukka After Dinner / Heath & Heather Digestif

Pukka After Dinner is fennel led and slightly sweeter. Heath & Heather Digestif is mint and fennel led, similar profile, lower price. Yogi sits in the middle with the addition of cardamom and licorice. All three work; pick on price and ingredient preference.

Vegan

Yes.

FAQ

Caffeine? 0mg.

Vegan? Yes.

Reflux? May worsen; pick a peppermint free alternative.

Best after meals? Yes, 20-30 minutes after eating.

Pregnancy? In pregnancy, the NHS advises no more than 200mg of caffeine a day from all sources, no more than four cups of herbal tea a day, and avoiding teas containing liquorice root; ask your midwife if you are unsure.

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 17-bag pack pricing. More expensive than mainstream UK herbals but consistent organic certification and traditional formulation justify the

premium for committed drinkers.

Storage

Airtight tin or original packaging. Use within 12-18 months for best flavour. The seed and spice components (fennel, cardamom, clove) are reasonably stable; the peppermint top note fades a little faster.

Carminative herbs context

A "carminative" is a herb that traditionally relieves gas and bloating by relaxing the gut and helping trapped wind pass. The classic carminatives, fennel, anise, caraway, dill, peppermint, ginger and cardamom, mostly appear in this blend. European herbal tradition has used them as after-meal digestive aids for centuries; the modern evidence is patchy but consistent enough to support their use in healthy adults with the odd bout of bloating. Think of the cup as gentle preventive or on-demand support, not a treatment for an ongoing gut condition, which needs proper assessment.

The essentials: Yogi Organic Stomach Ease

Field	Detail
Brand	Yogi Tea (US-founded wellness tea brand widely distributed in UK)
Type	Caffeine-free organic digestive-support herbal infusion
Hero ingredients	Fennel, peppermint, ginger, cardamom, coriander, liquorice root
Other ingredients	Black pepper, anise, cinnamon, clove, basil, organic flavourings
Caffeine	0mg, naturally caffeine-free
Cup character	Warm-spiced with fennel-anise sweetness, peppermint cooling top, gentle peppery finish
Best for	Post-meal bloating, gentle digestive discomfort, gas relief
Important caution	Peppermint can worsen GERD/acid reflux for some drinkers; avoid if you have known reflux
UK price	£4 to £6 per 17-bag pack (24-35p per cup)

Curator's note: Yogi Stomach Ease is a real digestive blend. Worth keeping for post meal routine. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Irritable bowel syndrome (IBS).
- Soil Association organic standards

FROM THE CURATOR

teas · The infusion is more important than the shop. A short careful brew can lift a budget bag past a careless premium one.

Wellness reading

For ingredient context see the peppermint tea, the fennel tea, and the ginger tea wikis. For sister Yogi blends see Yogi Detox and Yogi Ginger Lemon. For category context see the wellness tea overview.

The bottom line on Yogi Stomach Ease

A well-built digestive support multi-herb blend with credible tradition behind fennel and peppermint, suitable for post-meal use in drinkers without reflux issues. Worth keeping if periodic bloating is a real problem; not necessary as a daily drink if your digestion is normally fine. The £4-£6 pack is mid-range for the category; straight peppermint or fennel at one third the price delivers a similar benefit if you don't need the multi-herb complexity.

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

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