Yogi Throat Comfort

From the teas.co.uk wiki

> **Yogi Throat Comfort, in summary:** Yogi Organic Throat Comfort tea reviewed: mucilaginous slippery elm and marshmallow blend, how it actually soothes sore throats, UK price, brewing tips.

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

Yogi Organic Throat Comfort is specifically formulated for sore throat: slippery elm bark, mullein leaf, licorice root, marshmallow root, ginger, and lemongrass. The slippery elm and marshmallow root combination is the actual functional ingredient, both contain mucilage, a soothing gel that coats irritated throat tissue. This is one of the few wellness teas where the ingredient list does what the marketing claims.

The blend

Slippery elm bark (mucilage, coats and soothes), mullein leaf (traditional cough herb), licorice root (naturally sweet, soothing), marshmallow root (mucilage, the gentler partner to slippery elm), ginger root (warming), lemongrass (citrus brightness). Some batches add wild cherry bark for additional cough support.

How it tastes

Earthy, slightly sweet from the licorice, with a faintly slippery mouthfeel from the elm and marshmallow. The mouthfeel is the point, that gel like quality is what coats the throat. Not the most exciting cup flavour wise, but you are not drinking it for excitement. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just boiled water.
2. Cover the cup; the longer steep is essential for slippery elm to release its mucilage.
3. Steep 8-10 minutes (longer than most herbals).
4. Drink while still warm; the soothing effect is at its strongest with the warmth.
5. A teaspoon of honey amplifies the soothing effect and adds its own throat coating sweetness.

Caffeine

0mg.

Pregnancy

Avoid. Licorice in concentrated form is not recommended in pregnancy (raises blood pressure, can affect potassium). Slippery elm is also debated. Pukka Three Mint or plain ginger lemon are safer pregnancy period sore throat options.

Use cases

- Sore throat from a cold or flu.
- Post shouting hoarseness (after a concert or sports event).
- Dry cough relief.
- Singer's pre performance soothing routine (for non pregnant drinkers).
- Daily routine during a heavy cold week.

Vegan

Yes.

FAQ

Caffeine? 0mg.

Pregnancy? Avoid (licorice content).

Vegan? Yes.

With honey? Yes; amplifies the throat coating effect.

Compared to Throaties or Strepsils? Different mechanism; you can use both together for sore throat relief.

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 roots and barks are reasonably stable; the lemongrass and ginger top notes fade a little faster.

How it actually soothes

The blend works mechanically, not pharmacologically. Slippery elm bark, marshmallow root and licorice root all contain mucilage, gel-like compounds that swell in hot water and form a thin, slippery coating that clings to the throat lining. That coating is a physical barrier over irritated tissue, in the same way a honey-and-lemon drink soothes. You can feel it as you drink. It does not kill viruses or bacteria and it will not cure an infection; what it does is genuinely reduce the raw, scratchy sensation while a cold runs its course. For singers, teachers and anyone who talks for a living, mucilaginous teas like this are a standard voice-rest habit, and slippery elm in particular is widely used in vocal coaching.

Throat care in cold-and-flu season

A sore throat is one of the most common cold symptoms and usually clears within 5-7 days whatever you do. The sensible approach is comfort, not cure: warm fluids, paracetamol or ibuprofen for pain if needed, lozenges for short bursts of relief, and rest. A mucilaginous tea like this fits in as a comfort measure, it will not shorten the cold but it makes the soreness easier to live with. If a sore throat lasts beyond 7-10 days, comes with a very high fever, or makes swallowing or breathing difficult, see a GP rather than carrying on self-treating.

What you need to know: Yogi Organic Throat Comfort

Field	Detail
Brand	Yogi Tea (US-founded wellness tea brand widely distributed in UK)
Type	Caffeine-free organic herbal infusion positioned for sore throat and respiratory comfort
Hero ingredients	Slippery elm bark, liquorice root, marshmallow root, fennel, ginger, lemongrass
Other ingredients	Cinnamon, cardamom, peppermint, sage, organic flavourings
Caffeine	0mg, naturally caffeine-free
Cup character	Warm-spiced with notable mucilaginous body from slippery elm, soft sweetness, gentle throat-coating texture
Best for	Sore throat from common cold, dry hoarse throat from talking, voice rest support
UK availability	Holland & Barrett, Whole Foods, Planet Organic, Ocado, Amazon UK
UK price	£4 to £6 per 17-bag pack (24-35p per cup)

Curator's note: Yogi Throat Comfort is genuinely formulated for sore throats. Real ingredients. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Sore throat.
- Soil Association organic standards

FROM THE CURATOR

teas · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

Wellness reading

For ingredient context see the liquorice root guide. For sister Yogi blends see Yogi Ginger Lemon and the Yogi cold-season blend. For category context see the wellness tea overview and the herbal tea fundamentals.

The bottom line on Yogi Throat Comfort

A genuinely useful sore-throat tea, working mechanically through mucilage rather than pharmacologically. Worth keeping in the cupboard for cold-and-cough season and for voice-use days. Add honey for combined effect, and drink slowly to maximise the throat-coating. The effect is real but short-lived, so repeat doses through the day work. Not a cure for a throat infection (no tea is); a comfort measure that genuinely reduces the sore-throat sensation.

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

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