Chamomile Tea: Benefits and Side Effects

From the teas.co.uk wiki

> **Chamomile, benefits and side effects, in short:** a gentle, caffeine-free cup that helps with winding down and mild digestive settling. Side effects are rare, mainly an allergy risk for people sensitive to ragweed and related plants.

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

Chamomile is the classic evening herbal: gentle, caffeine-free and pleasant before bed. The benefits are mild and the risks small, which is exactly why it is such an easy everyday cup.

Benefits

- **Winding down.** A soft landing; a good pre bed habit. See tea for sleep.
- **Digestive settling.** A gentle cup after meals.
- **Caffeine-free.** Suitable any time, including evenings.

See Wikipedia: chamomile.

Side effects and cautions

Chamomile is well tolerated by most people. The main caution is allergy: if you react to ragweed, daisies or related plants (the Asteraceae family), chamomile may affect you too. It can also interact with blood-thinning medication, so check with a pharmacist if you take one.

FAQ

Is chamomile good for sleep? It takes the edge off a little and is a helpful part of a wind-down routine.

Are there side effects? Rare; mainly an allergy risk for ragweed-sensitive people.

Can I drink it every day? Yes, it is gentle and caffeine-free.

This is general information, not medical advice. Check with a pharmacist if you take regular medication.

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

Sources

- Wikipedia: chamomile

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Shop chamomile tea or the herbal & fruit range (free UK postage over £35).

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