

Chamomile Tea: Benefits and Side Effects

From the Teas.co.uk wiki

Chamomile, benefits and side effects, in short: a gentle, calming, 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.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Chamomile Tea: Benefits and Side Effects. Canonical: <https://teas.co.uk/wiki/chamomile-benefits-side-effects/>*

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

Chamomile is the classic calming 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Benefits, Chamomile Tea: Benefits and Side Effects. Canonical: <https://teas.co.uk/wiki/chamomile-benefits-side-effects/>*

- **Winding down.** Mildly calming; a good pre-bed ritual. See [tea for sleep](#).
- **Digestive settling.** Soothing after meals.
- **Caffeine-free.** Suitable any time, including evenings.

See [Wikipedia: chamomile](#).

Side effects and cautions

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Side effects and cautions, Chamomile Tea: Benefits and Side Effects. Canonical: <https://teas.co.uk/wiki/chamomile-benefits-side-effects/>*

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 is mildly calming and 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.

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FROM THE CURATOR *teas* · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

Sources

- [Wikipedia: chamomile](#)

Related

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

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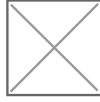
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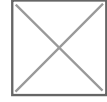
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