

Does Milk in Tea Reduce Antioxidants?

From the Teas.co.uk wiki

Does milk reduce tea's antioxidants? In short: milk proteins can bind some of tea's polyphenols, and studies are mixed on whether that blunts the effect. The practical upshot is small, so drink your tea the way you enjoy it.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Does Milk in Tea Reduce Antioxidants?. Canonical: <https://teas.co.uk/wiki/does-milk-in-tea-reduce-antioxidants/>*

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

It is a fair question with a reassuring answer. Milk can bind to some of the antioxidant compounds in tea, but the research is mixed and the real-world difference is minor. Your splash of milk is not cancelling out your cup.

What actually happens

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What actually happens, Does Milk in Tea Reduce Antioxidants?. Canonical: <https://teas.co.uk/wiki/does-milk-in-tea-reduce-antioxidants/>*

Tea's antioxidant polyphenols can attach to the proteins (caseins) in milk. Some studies suggest this reduces how many are available to the body; others find little meaningful change. The honest position is that the effect is real but small and not settled. See [Wikipedia: green tea](#) and [Wikipedia: tea](#).

The practical takeaway

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The practical takeaway, Does Milk in Tea Reduce Antioxidants?. Canonical: <https://teas.co.uk/wiki/does-milk-in-tea-reduce-antioxidants/>*

If antioxidants are your main reason for drinking tea, green and white teas are usually drunk without milk anyway. For everyday black tea, the modest effect of milk is not worth worrying about, the benefits of tea are modest to begin with, and enjoyment matters more than chasing a marginal number.

FAQ

Does milk ruin tea's health benefits? No; it may slightly reduce antioxidant availability, but the effect is small and uncertain.

Should I drink tea black for the antioxidants? Only if you prefer it; green and white teas are naturally milk-free.

Does it matter for hydration? No, milky tea still hydrates.

This is general information, not medical advice.

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FROM THE CURATOR

teas · Drink it how you like it. A cup you enjoy beats a "correct" cup you don't.

Sources

- [Wikipedia: tea](#)
- [Wikipedia: green tea](#)

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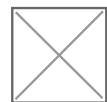
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