

## How Much Caffeine Is in Herbal Tea?

From the Teas.co.uk wiki

**Caffeine in herbal tea, in summary:** Genuine herbal tea has no caffeine; rooibos and honeybush are the reliable zero club. The exceptions: yerba mate, guayusa, and blends with added true tea.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

"Is herbal tea caffeine free" is one of the most useful tea questions, and the answer is mostly yes, with a few important exceptions worth knowing. This sits in the caffeine cluster beside the [herbal tea guide](#).

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

### Why most herbal tea is caffeine free

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why most herbal tea is caffeine free, How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

True tea (black, green, white, oolong, pu erh) comes from *Camellia sinensis*, which contains caffeine. Herbal "teas" are infusions of other plants, chamomile, peppermint, rooibos, fruit, ginger, and those plants simply do not contain caffeine, so a genuine single herb infusion is naturally caffeine free, not decaffeinated. That is why herbal tea is the answer for genuinely zero caffeine, see [the low caffeine list](#) and [decaf vs caffeine free](#).

### The exceptions that catch people out

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The exceptions that catch people out, How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

A few "herbal" infusions are not caffeine free. Yerba mate contains caffeine and is often significant, see [yerba mate](#). Guayusa and yaupon similarly. And, crucially, many blended "herbal" or "wellness" or "detox" teas are actually green or black tea with herbs added, which means they do contain caffeine; the word "herbal" on a blend is not a guarantee. Read the ingredients, not the marketing.

## Rooibos and the genuine zero club

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Rooibos and the genuine zero club, How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

Rooibos and honeybush are genuinely caffeine free and make excellent all day and evening cups, see [rooibos benefits](#). Chamomile, peppermint, ginger, fennel, hibiscus and fruit infusions are caffeine free too, the everyday safe choices for an evening, for children, and the cautious option in pregnancy alongside the guidance in best tea in pregnancy.

## Why people still feel something

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why people still feel something, How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

A caffeine free herbal can still have real effects, calming from chamomile or valerian, digestive from peppermint, because herbs have their own pharmacology, see the [tea and your health hub](#). Feeling an effect does not mean caffeine; it means the herb is doing something else.

## Practical rule

Single herb infusion: assume caffeine free. Yerba mate, guayusa, yaupon: assume caffeinated. Any blend: read the label for green or black tea in the mix. That three line rule answers almost every case, the practical throughline of this cluster.

## The clear takeaway

Most herbal tea is genuinely caffeine free, which is its great practical strength for evenings, children and caffeine sensitivity; the exceptions are mate family infusions and blends that secretly contain real tea. Check the plant, not the word "herbal".

## Caffeine in herbal tea, at a glance

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

Type	The read
True herbals (mint, chamomile, fruit)	Zero caffeine: no <i>Camellia sinensis</i> at all
Rooibos / honeybush	Genuinely zero; the reliable caffeine-free club
Yerba mate / guayusa	The catch: these DO contain caffeine
Blends with added green/black	Read the box: some "herbal" blends include true tea
"Felt something"?	Warmth, ritual, herbs, not caffeine

## Want to actually buy a good one?

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Want to actually buy a good one?, How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

If a caffeine free herbal cup is what you want, a good one is worth buying over a faded blend. The products shown on this page are matched to exactly this topic, so they are the starting point. To see the wider range, browse [herbal and caffeine free teas at teas.co.uk](https://teas.co.uk) or the full [tea shop](https://teas.co.uk). As everywhere on this wiki: buy on the cup and the description, never the marketing, check the per cup price, and remember free UK delivery is over £35.

**Related on the wiki:** [Herbal Tea vs Real Tea: Is It Actually Tea?](https://teas.co.uk/wiki/Herbal_Tea_vs_Real_Tea:_Is_It_Actually_Tea?).

## Reference noted

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)
- [NHS guidance on caffeine](#)

**FROM THE CURATOR** teas · Buy on the cup, not on the label. The wider shelf is there for when you know what you like.

## More caffeine reading

- [Caffeine in tea](#)
- [Herbal tea \(the pillar\)](#)
- [Caffeine-free teas](#)
- [Rooibos](#)

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine Is in Herbal Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-herbal-tea/>*

## More from the tea wiki

- [Green tea](#)

- [Black tea](#)
- [Oolong tea](#)
- [White tea](#)
- [Herbal tea](#)
- [Caffeine in tea](#)
- [How to make tea properly](#)
- [Loose leaf vs teabag](#)

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