How Much Caffeine Is in Herbal Tea?

From the teas.co.uk wiki

> **Caffeine in herbal tea, in summary:** Straight herbal tea has no caffeine; rooibos and honeybush are the reliable zero club. The exceptions: yerba mate, guayusa, and blends with added true 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. Sitting alongside it in the caffeine pages is the herbal tea guide.

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

Why most herbal tea is caffeine free

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 pure single herb infusion is naturally caffeine free, not decaffeinated. That is why herbal tea is the answer when you want no caffeine at all, see the low caffeine list and decaf vs caffeine free.

The exceptions that catch people out

A few "herbal" infusions are not caffeine free. Yerba mate contains caffeine and is often significant, see yerba mate. Guayusa and yaupon similarly. And many blended teas sold as herbal, or under big promises on the box, are really 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

Rooibos and honeybush are caffeine free and make good 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

A caffeine free herbal can still have real effects, sleepy 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 caffeine free, which is its big practical strength for evenings, children and anyone sensitive to caffeine; the exceptions are mate family infusions and blends that quietly contain real tea. Check the plant, not the word "herbal".

Caffeine in herbal tea, at a glance

Type	The read
True herbals (mint, chamomile, fruit)	Zero caffeine: no Camellia sinensis at all
Rooibos / honeybush	Zero caffeine; 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, routine, herbs, not caffeine

Want to actually buy a good one?

If a caffeine free herbal cup is what you want, a good one is worth buying over a faded blend. These herbal infusions were chosen with caffeine in mind, so they are the best place to begin. To see the wider range, browse herbal and caffeine free teas at teas.co.uk or the full tea shop. Read the ingredients before you buy, since a blend may hide real tea; check the price per cup too, and UK delivery is free over £35.

Related on the wiki: Herbal Tea vs Real Tea: Is It Actually Tea?.

Reference noted

- NHS guidance on caffeine

FROM THE CURATOR

teas · Trust what the cup shows, not what the box says. The wider herbal range can wait until you know your own taste.

More caffeine reading

- Caffeine in tea
- Herbal tea (the pillar)
- Caffeine-free teas
- Rooibos

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
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