

# Low Caffeine Tea: The Ranked List

From the Teas.co.uk wiki

**Low-caffeine tea, in summary:** Low versus none, ranked: genuine caffeine free infusions, lower caffeine true teas, decaf, and brewing your normal tea milder for free.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Low Caffeine Tea: The Ranked List. Canonical: <https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/>*

"Low caffeine tea" is a genuine need that the market answers confusingly. This is the ranked list of what actually delivers less caffeine, and the difference between low and none. It sits in the caffeine cluster beside [decaf vs caffeine free](#).

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

## First: low versus none

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for First: low versus none, Low Caffeine Tea: The Ranked List. Canonical: <https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/>*

Two different goals. None means a naturally caffeine free infusion, rooibos, chamomile, peppermint, fruit, the genuine zero options in [caffeine in herbal tea](#) and [rooibos](#). Low means a true tea with reduced caffeine, either by type, by brewing, or decaffeinated, which is low not zero, see [how caffeine is removed](#). Decide which you actually need first.

## The genuinely caffeine free (zero)

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The genuinely caffeine free (zero), Low Caffeine Tea: The Ranked List. Canonical: <https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/>*

Rooibos and honeybush; chamomile, peppermint, ginger, fennel, hibiscus and fruit infusions. These are the true zero club, the all day, evening, child- and pregnancy friendlier options (with the usual herb caveats in best tea in pregnancy). If you want none, stop here.

## The lower caffeine true teas

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The lower caffeine true teas, Low Caffeine Tea: The Ranked List. Canonical: https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/*

Among real teas, gently brewed green and white are usually the lowest, see [does white tea have caffeine](#); later gongfu infusions of any tea are lower than the first; and twig teas like hojicha adjacent styles tend low. The caveat: "green tea is low caffeine" is only true brewed gently, a strong long green can rival a weak black, the partial extraction principle of this cluster.

## Brewing your way to lower caffeine

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Brewing your way to lower caffeine, Low Caffeine Tea: The Ranked List. Canonical: https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/*

The most underrated lever: any true tea brewed cooler, shorter and with less leaf delivers less caffeine, and the second steep is always lower than the first. You can make a meaningfully lower caffeine cup of ordinary tea purely by brewing, no special product required, see the [water temperature guide](#).

## Decaf: low, not zero

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Decaf: low, not zero, Low Caffeine Tea: The Ranked List. Canonical: https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/*

Decaffeinated black and green are a good middle option, most of the flavour, a fraction of the caffeine, but not none, so not suitable if you need genuine zero, see [decaf vs caffeine free](#) and [best decaf tea UK](#). Prefer CO2 or water processed decaf for flavour, see [decaf, CO2 vs solvent](#).

## The ranked answer

Want zero: rooibos or a single herb infusion. Want low and still real tea: gently brewed green or white, or good decaf. Want your normal tea milder: brew it cooler, shorter, less leaf, and re steep. That hierarchy answers almost every low caffeine need, which is the whole point of this cluster.

## Low versus none, ranked

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Low Caffeine Tea: The Ranked List. Canonical: https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/*

Goal	Choice
Genuine zero	rooibos, honeybush, chamomile, peppermint, ginger, fruit infusions
Low but still real tea	gently brewed green or white, later gongfu infusions, twig styles
Low via decaf	CO2 or water processed decaf black or green, low not zero
Your normal tea, milder cooler, shorter, less leaf, re steeped	

## Match the route to the real reason

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Match the route to the real reason, Low Caffeine Tea: The Ranked List. Canonical: <https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/>*

People ask for low caffeine tea for very different reasons, and the right answer depends on which. A poor sleeper mainly needs timing and an evening switch to a genuine zero; an anxiety prone drinker needs weak true tea and the L theanine smoothness; a pregnant drinker needs a clear ceiling and genuine caffeine free options; and someone simply cutting back needs the free brewing levers on the tea they already own. Name the reason first and you stop buying the wrong fix, which is the whole point of separating none from low.

### 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?, Low Caffeine Tea: The Ranked List. Canonical: <https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/>*

If this has helped you decide, the next step is buying a genuinely good one judged on the cup rather than the marketing. The products shown on this page are matched to exactly this topic, so they are the starting point. To see the wider range, browse [tea and herbal infusions at teas.co.uk](https://teas.co.uk/tea-and-herbal-infusions) or the full [tea shop](https://teas.co.uk/tea-shop). 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.

[Browse the tea range ?](#)

For the home shelf, the [English tea range](#) and [loose leaf range](#).

## Reference noted

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Low Caffeine Tea: The Ranked List. Canonical: <https://teas.co.uk/wiki/low-caffeine-tea-the-honest-list/>*

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

**FROM THE CURATOR** *teas* · One good loose-leaf in a clean teapot beats five exotic bags drunk in a hurry.

## More caffeine reading

- [Decaf vs caffeine free](#)
- [Rooibos benefits](#)
- [Caffeine in herbal tea](#)
- [Best decaf tea UK](#)

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## 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](#)

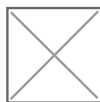
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