Low Caffeine Tea: The Ranked List

From the teas.co.uk wiki

> **Low-caffeine tea, in summary:** Low versus none, ranked: infusions with no caffeine at all, lower caffeine true teas, decaf, and brewing your normal tea milder for free.

"Low caffeine tea" is a real 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

Two different goals. None means a naturally caffeine free infusion, rooibos, chamomile, peppermint, fruit, the true zero options in caffeine in herbal tea and rooibos. Low means real 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)

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

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

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

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 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

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

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 something with no caffeine; a jittery drinker needs weak true tea and the smoothness of L theanine; a pregnant drinker needs a clear ceiling and real 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?

Once you know your reason, buy one really good low caffeine tea and judge it by the cup, not the packet's claims. The teas on this page were picked for lower caffeine drinking, so start with them. To see the wider range, browse tea and herbal infusions at teas.co.uk or the full tea shop. The wiki rule holds for low caffeine teas too: trust the cup and its description over marketing, check what each cup costs, and pay no UK delivery over £35.

Browse the tea range ?

For the home shelf, the English tea range and loose leaf range.

Reference noted

- NHS guidance on caffeine

FROM THE CURATOR

teas · A single good loose leaf, brewed light, beats five exotic bags gulped at night.

More caffeine reading

- Decaf vs caffeine free
- Rooibos benefits
- Caffeine in herbal tea
- Best decaf tea UK

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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