

Safe Herbal Teas for Dogs (Vet First Guide)

From the Teas.co.uk wiki

Safe herbal teas for dogs, in summary: Herbal does not mean safe for dogs and caffeine is toxic to them. What is sometimes used with a vet, what to avoid, and why a vet is the answer first.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Safe Herbal Teas for Dogs (Vet-First Guide). Canonical: <https://teas.co.uk/wiki/safe-herbal-teas-for-dogs/>*

"Caffeine free" does not mean "give it freely". This sits in the pets cluster beside [can dogs drink tea](#).

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

General information, not veterinary advice. Pets differ; if your animal has ingested caffeine or you are unsure, contact a vet or an animal poison line immediately.

Tea and dogs, at a glance

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Point	The read
The hard rule	Caffeine is toxic to dogs: never true tea (black/green)
Sometimes, with a vet	A little weak, cooled, plain chamomile or rooibos
Always	Diluted, cooled, tiny amounts, vet guidance first
Avoid without advice	Strong, multi-herb, "remedy" or essential-oil blends
Never	Caffeinated tea; anything with xylitol

The key principle

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The key principle, Safe Herbal Teas for Dogs (Vet-First Guide). Canonical: <https://teas.co.uk/wiki/safe-herbal-teas-for-dogs/>*

Removing caffeine removes the biggest danger, but not all of it. The one hard rule is caffeine: true tea (black, green, white, oolong, matcha) is genuinely toxic to dogs and must never be given, because there is no safe casual dose to experiment with. But "caffeine-free" is not the same as "automatically safe": some plants are unsuitable for dogs and dose matters hugely for a small body, so this is a vet-first topic by design. The genuine answer to most specifics is to ask a vet about your specific dog, because breed, size, age, condition and medication all change the maths, see [is tea toxic to dogs](#).

Which herbals are reasonable, and which are not

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Which herbals are reasonable, and which are not, Safe Herbal Teas for Dogs (Vet-First Guide).* Canonical: <https://teas.co.uk/wiki/safe-herbal-teas-for-dogs/>

The herbal infusions most commonly considered low-risk in tiny, occasional amounts are the naturally caffeine-free ones with a long culinary history: chamomile, a weak rooibos, and a very mild ginger infusion. The ones to keep away from a dog entirely are the caffeinated true teas and anything containing added sweeteners, because xylitol in particular is rapidly and severely poisonous to dogs and appears in some flavoured blends and most sugar-free products. The reason the safe list is so short is worth understanding: a dog is not a small person, its liver processes plant compounds differently, its body mass is a fraction of a human's so a "harmless" human dose is proportionally enormous, and many botanicals that are inert in a human cup, essential-oil-rich herbs, some members of the mint and allium families, are irritant or worse to a dog. So the proportionate position is a short permitted list plus a default of caution, see [what herbal tea is](#) and [rooibos](#).

If you do offer it, how to do it with least risk

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for If you do offer it, how to do it with least risk, Safe Herbal Teas for Dogs (Vet-First Guide).* Canonical: <https://teas.co.uk/wiki/safe-herbal-teas-for-dogs/>

Assuming your vet has no objection for your individual dog, the mechanics matter more than the choice of herb. Brew it weak, far weaker than you would drink it; let it cool completely, because a dog will not sip a hot drink; never add anything, no sugar, honey or milk, and above all nothing labelled sugar-free; offer a very small amount as a one-off rather than topping up the water bowl, because plain fresh water must always remain the default drink; and watch the dog afterwards. The signs that mean stop and call the vet are not subtle: vomiting, diarrhoea, lethargy, restlessness, a racing heart, tremors or any change in behaviour, and caffeine or xylitol exposure is an emergency rather than a wait-and-see. Above all, herbal tea is not a treatment: a dog that seems anxious, itchy, sore or off its food needs a diagnosis, not a calming infusion, and reaching for chamomile instead of a consultation is the one mistake this page exists to prevent. If your dog has already got into your tea, see [my dog drank tea, what to do](#).

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?, Safe Herbal Teas for Dogs (Vet-First Guide)*. Canonical: <https://teas.co.uk/wiki/safe-herbal-teas-for-dogs/>

If a caffeine free herbal cup is what you want, a good one is worth buying over a faded blend. To see the 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.

Reference noted

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

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Pet-safety reading

- [Herbal tea overview](#)
- [Caffeine in tea](#)
- [Rooibos](#)
- [Is tea toxic to dogs](#)

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- [Oolong tea](#)
- [White tea](#)
- [Herbal tea](#)
- [Caffeine in tea](#)
- [How to make tea properly](#)

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