

Caffeine in Tea FAQ

From the Teas.co.uk wiki

Caffeine in tea FAQ, in summary: The most asked tea caffeine questions answered without the myths: how much, which has most, decaf, herbal, and the jitters question.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Caffeine in Tea FAQ. Canonical: <https://teas.co.uk/wiki/caffeine-in-tea-faq/>*

The most asked caffeine questions, answered without the myths. This sits in the mega guide cluster beside [the ultimate caffeine guide](#).

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

General information, not medical advice. Tea is a drink, not a treatment; if you are pregnant, medicated or managing a condition, speak to a pharmacist or GP.

The quick answers

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Caffeine in Tea FAQ. Canonical: <https://teas.co.uk/wiki/caffeine-in-tea-faq/>*

Question	The answer
How much caffeine in tea?	Less than coffee per cup, varies widely by type, leaf and brew
Which tea has the most?	Black and some green can be higher; how much leaf and how long matter more than type
Does steeping longer add caffeine?	Longer and hotter extracts more, up to a point; weak brewed is genuinely lower
Is decaf caffeine free?	No, a small residual amount, not zero
Are herbal "teas" caffeine free?	True tisanes (chamomile, peppermint, rooibos) yes, but they are not real tea
Tea vs coffee jitters?	L-theanine makes many find tea smoother; individual, not guaranteed

Why a range, not a number

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why a range, not a number, Caffeine in Tea FAQ. Canonical: <https://teas.co.uk/wiki/caffeine-in-tea-faq/>*

The single most important thing to understand is that any caffeine figure for "a cup of tea" is an average hiding a wide range, because the amount in your actual cup depends on leaf quantity, water temperature, steep time, cup size, cultivar and processing far more than the broad type does, see [the ultimate caffeine guide](#). With steeped tea you drink only the caffeine that dissolved into the water and discard the spent leaf with caffeine still in it, which is why a short, cool steep is a genuine lever, and why matcha, where you whisk and drink the whole powdered leaf, is the exception that gets close to the full load. The bottom line is that tea is moderately caffeinated, less than coffee per cup on average, and never truly zero unless it is a herbal tisane, with brew strength the real lever you control.

The levers behind every answer

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The levers behind every answer, Caffeine in Tea FAQ. Canonical: <https://teas.co.uk/wiki/caffeine-in-tea-faq/>*

Every quick answer reduces to the same small set of levers, which is why understanding the mechanism once beats memorising figures. Most caffeine extracts in the first thirty seconds and around 95% by four minutes, so beyond that extra time adds tannin more than caffeine; water temperature and leaf format do more, since boiling water and a fine bag release fast while whole leaf and cooler water release slowly; and cup size is the silent multiplier, because a big mug simply holds more of whatever you brewed. Origin shifts the baseline too, an assamica-type leaf carrying more than a Chinese sinensis. The rest follows: decaf is reduced, not zero, which matters only if you are highly sensitive; true tisanes such as chamomile, peppermint and roibos are naturally caffeine-free but are not real tea, see [what counts as tea](#); and tea's L-theanine is why many find the same dose feels smoother than coffee, though that is individual. Hold those levers and you can answer any specific caffeine question for yourself rather than hunting a number.

Want to actually buy a good one?

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

Pick a base you can dial to the strength you want: a robust [black tea](#), a fresh [green](#), or a caffeine-free [herbal](#). Browse the full [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](#)

Reference noted

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- [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.

Tea reading

- [Ultimate caffeine guide](#)
- [What counts as tea](#)
- [Tea myths debunked](#)
- [Herbal tea](#)

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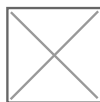
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