Tea and IBS

From the teas.co.uk wiki

> **Tea and IBS, in short:** peppermint is the standout, with good evidence for easing IBS spasm and pain. Tea is gentler than the clinical peppermint-oil capsules, but it is a sensible, soothing cup. Strong caffeinated tea can make IBS worse.

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

Peppermint is the one cup with real IBS evidence behind it. The tea is milder than the enteric-coated oil capsules clinicians use, but it is gentle and worth trying. Caffeine, by contrast, can aggravate IBS for many people.

Why peppermint helps

Menthol relaxes the smooth muscle of the gut wall, which eases the cramping and spasm typical of IBS. Peppermint oil is well enough evidenced that it appears in clinical guidance. Tea delivers a gentler dose than capsules, so it is a reasonable everyday option. See Wikipedia: peppermint, the NHS guide to IBS, and NICE guideline CG61.

Watch the caffeine

Strong black and green tea contain caffeine, a common IBS trigger that can speed the gut and worsen urgency or pain. If you have IBS, lean towards caffeine-free herbals and keep any caffeinated tea weak and modest.

Other gentle cups

- **Fennel:** for the bloating and wind that often come with IBS.
- **Ginger:** for associated nausea.
- **Chamomile** as a mild, soothing all-rounder.

At a glance

Tea	For IBS
Peppermint	Best evidence; eases spasm and pain
Fennel	Helps bloating and wind

Tea	For IBS
Ginger	Helps nausea
Strong black / green	Caffeine can worsen symptoms

FAQ

Best tea for IBS? Peppermint, with fennel for bloating and chamomile to settle.

Is peppermint tea as good as the capsules? No. The enteric-coated oil capsules are a stronger, targeted dose; tea is gentler but still soothing.

Can tea make IBS worse? Yes, caffeinated tea can. Favour caffeine-free herbals.

When should I see a GP? IBS should be diagnosed properly, and any change in bowel habit, bleeding, or weight loss needs medical assessment.

This is general information, not medical advice. IBS should be diagnosed and managed with a GP.

FROM THE CURATOR

teas · Take the simplest thing on this page that fits your routine. Range and ritual are for week two.

Sources

- NHS: irritable bowel syndrome (IBS)
- NICE: IBS in adults (CG61)
- Wikipedia: peppermint

Part of: Tea for Digestion

- Tea & digestion (overview)
- Tea & acid reflux
- Tea & bloating and wind
- Tea & nausea and upset stomach
- Tea & gastritis

Shop peppermint and herbal teas in the herbal & fruit range or browse the full tea shop (free UK postage over £35).

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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