

# Chaga Tea, Explained

From the Teas.co.uk wiki

**Chaga tea, in summary:** Chaga is a caffeine-free birch-fungus decoction with real tradition, preliminary evidence, and a genuine high-oxalate kidney caveat. Not tea, not a cure.

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

Chaga is a popular "antioxidant" mushroom drink with a genuine safety caveat. It sits in the functional cluster alongside [reishi tea](#).

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

**Important:** *general information, not medical advice. These are functional botanicals, not true tea and not treatments. Evidence is mostly preliminary or traditional, and some interact with medication or are not advised in pregnancy or with certain conditions. Check with a pharmacist or GP before using mushroom or adaptogen products, and stop if you react.*

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Aspect	Chaga
What it is	A decoction of a fungus that grows on birch; not true tea
Caffeine	None
Tradition	Genuine northern and Russian folk use
Evidence	Antioxidant interest, preliminary; "immunity/anti-cancer" over-claimed
Real caveat	High oxalate; a genuine kidney concern with heavy regular use

## What it is, and the evidence

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is, and the evidence, Chaga Tea, Explained. Canonical: <https://teas.co.uk/wiki/chaga-tea/>*

Chaga is a decoction of a fungus that grows on birch, traditional in northern and Russian folk use, and not true tea, so it is naturally caffeine-free. It is promoted heavily for antioxidants and "immunity", and while the tradition is real, the strong health claims are over-stated: the research is largely laboratory and preliminary

work, and it is not an established treatment for any condition in humans. The honest framing is to describe the tradition and early science accurately, decline the "boosts immunity" and "anti-cancer" inflation, and keep the caveat in view. See [tea myths debunked](#).

## The oxalate caveat

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The oxalate caveat, Chaga Tea, Explained. Canonical: <https://teas.co.uk/wiki/chaga-tea/>*

This is what lifts chaga from "weak evidence" to "genuine caution": it is high in oxalates, and heavy or prolonged use has been linked in case reports to kidney harm, a specific, documented safety asterisk rather than a vague worry. It is particularly relevant for anyone with kidney issues, a history of stones, or on related medication. So the sensible approach is to drink it cautiously, not in large or prolonged amounts, and to check with a professional first if you have any kidney concern.

## Tradition versus treatment

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Tradition versus treatment, Chaga Tea, Explained. Canonical: <https://teas.co.uk/wiki/chaga-tea/>*

It helps to separate two things chaga is sold as. As a tradition it is genuine: a long-standing folk decoction, caffeine-free, earthy, mildly bitter and vaguely woody, usually slow-simmered rather than quickly steeped, and there is nothing wrong with enjoying it occasionally on those terms. As a treatment it is not established: the antioxidant and immunity research is largely cell and animal work that does not translate into a proven human benefit from a cup. Hold those apart, real tradition, unproven medicine, plus the documented oxalate caveat, and you have the whole clear picture. See [what counts as tea](#).

### 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?, Chaga Tea, Explained. Canonical: <https://teas.co.uk/wiki/chaga-tea/>*

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](#) or 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

**Source:** [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Chaga Tea, Explained. Canonical: <https://teas.co.uk/wiki/chaga-tea/>*

- [Encyclopaedia Britannica: Tea \(beverage\)](#)

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## Functional-tea reading

- [Reishi tea](#)
- [What counts as tea](#)
- [Herbal tea](#)
- [Cordyceps tea](#)

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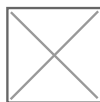
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