# Tea Health Benefits: What the Evidence Says

From the teas.co.uk wiki

> **Tea health benefits, the version that sticks to evidence:** tea is a low calorie drink that counts towards your daily fluids, with a few modest, specific findings: peppermint studied after meals, ginger for nausea, green tea's L theanine alongside its caffeine. What it is not: a flush for the body, a shield against colds, or a fat burner. Those are marketing.

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

**Tea earns its place in a normal day, but the gains are modest and nothing about it is miraculous. Here is what the evidence actually supports, and the popular claims that do not stand up.**

## What is genuinely supported

- **It hydrates.** Despite the caffeine, normal tea counts towards your fluids. See tea and hydration.
- **Peppermint after meals.** Good evidence for easing IBS spasm and bloating. See peppermint tea benefits.
- **Ginger for nausea.** One of the best-evidenced herbals. See ginger tea benefits.
- **Green tea for focus without fuss.** The L-theanine and caffeine combination. See green tea benefits.
- **Chamomile for winding down.** Mild, and good for unwinding. See chamomile benefits and side effects.

See also Wikipedia: tea and Wikipedia: green tea.

## What is mostly marketing

- **"Detox" teas.** Your liver and kidneys do that; some rely on laxatives. Skip the hype.
- **Cold fighting blends.** No tea prevents colds. See the balanced take in tea for colds and flu.
- **"Fat-burning" or weight-loss teas.** Any effect from green tea is tiny and not a weight-loss plan.
- **"137x the goodness" matcha claims.** A myth; matcha is concentrated green tea, not magic.

## The sensible takeaway

Drink tea because you enjoy it. It is hydrating, low in calories, and a few types have specific, modest benefits worth knowing. Treat anything promising to fix, flush out or transform you as a sales pitch.

## At a glance

| Claim | Verdict |
|---|---|
| Hydrates you | True |
| Peppermint after a meal | Good evidence |
| Ginger eases nausea | Good evidence |
| Green tea aids focus | Good evidence (L-theanine) |
| Flushing out / cold defence / fat burn | Marketing |

## FAQ

**Is tea worth drinking?** Yes, as a hydrating, low-calorie drink with a few modest, specific benefits.

**Which tea is healthiest?** Green tea is the usual answer, but the best tea is the one you will actually drink.

**Do purging teas work?** No. Be wary of any promises to flush you out or burn fat.

This is general information, not medical advice.

**FROM THE CURATOR**

*teas* · Drink tea because you enjoy it. The health bits are a bonus, never the reason to force down a cup you dislike.

## Sources

- Wikipedia: tea
- Wikipedia: green tea
- Wikipedia: theanine

## Benefits, by tea

- Peppermint tea benefits
- Ginger tea benefits
- Green tea benefits
- Chamomile benefits and side effects
- Does milk reduce tea's antioxidants?

## Explore the topic pillars

- Tea for digestion
- Tea for sleep and relaxation
- Tea for colds and flu

Browse the green tea range, the herbal & fruit range, or the full tea shop (free UK postage over £35).

### Other pillar guides

- Tea for Sleep
- Tea for Colds and Flu
- Tea for Digestion
- Tea for Skin and Hair
- Best Tea Brands UK

### More related guides

- 2026 Tea Trends: The UK Landscape

### 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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