

Marshmallow Root Tea

From the Teas.co.uk wiki

Marshmallow root, in summary: Marshmallow root is a mild caffeine-free demulcent tisane whose slippery coating is the point, traditionally throat-soothing, gentle and plausible rather than proven.

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

Marshmallow root is a classic "demulcent" herbal; here is the short version. This sits in the herbal cluster beside [liquorice tea](#).

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

Important: general information only, not a substitute for professional advice. These are herbal tisanes, not true tea and not treatments. Some carry genuine cautions (liquorice and blood pressure, herbs that interact with medication, ones not advised in pregnancy). Check with a pharmacist or GP before regular use if pregnant, medicated or managing a condition.

What it is

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is , Marshmallow Root Tea. Canonical: <https://teas.co.uk/wiki/marshmallow-root-tea/>*

An infusion of marshmallow root (*Althaea officinalis*), rich in mucilage; a caffeine-free tisane, not true tea, see [what counts as tea](#). Its defining quality is textural: the cup is mild, slightly sweet and notably slippery or coating in the mouth from the mucilage, and that coating sensation is the whole point of it.

How it tastes and feels

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How it tastes and feels , Marshmallow Root Tea. Canonical: <https://teas.co.uk/wiki/marshmallow-root-tea/>*

Mild, lightly sweet, and noticeably coating or slippery. No strong flavour; the mouthfeel is what distinguishes it. Not an aromatic cup in the mint or chamomile sense; more of a gentle, neutral comfort drink.

Traditional use

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Traditional use , Marshmallow Root Tea. Canonical: <https://teas.co.uk/wiki/marshmallow-root-tea/>*

Traditionally used to soothe a sore throat and irritated digestive lining; the demulcent (coating) idea is its entire reputation, with consistent use across Western herbal practice. That tradition is real and worth respecting, though tradition is not proof: see [what is herbal tea](#).

What the evidence shows

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What the evidence shows , Marshmallow Root Tea. Canonical: <https://teas.co.uk/wiki/marshmallow-root-tea/>*

Mostly traditional use plus limited research. The mucilage coating is physically real and the soothing mechanism is plausible; "plausibly soothing" is the accurate claim and "proven treatment" is the overreach to avoid.

Cautions

Generally gentle and well tolerated. The one specific caution is real: the coating action can slow the absorption of medication taken at the same time. Space it from medicines and check with a pharmacist if you are on anything where timing or absorption matters.

How to brew it

Often a longer steep or a cool/cold infusion to draw out the mucilage properly; a quick hot steep under-extracts. Drink warm and gentle. No bitterness even at longer times.

The essentials: marshmallow root tea

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Aspect	Answer
What it is	Althaea officinalis root infusion, mucilage-rich, caffeine-free
Taste and feel	Mild, slightly sweet, notably slippery and coating
Traditional use	Soothing sore throat and irritated gut lining
Evidence	Mostly traditional, limited research, plausible not proven
Specific caution	Coating can slow same-time medication absorption; space it
Brewing	Longer or cool/cold infusion to draw out the mucilage

Common questions

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Common questions , Marshmallow Root Tea. Canonical: <https://teas.co.uk/wiki/marshmallow-root-tea/>*

Is marshmallow root tea caffeine-free? Yes, entirely. It is a herbal tisane, not true tea, so contains no caffeine.

What does it taste like? Mild, lightly sweet, and distinctly coating or slippery from the mucilage. The mouthfeel is the main thing, not the flavour.

Can I take it with my medication? Space it from medication; the mucilage can slow absorption of things taken at the same time. Check with a pharmacist if in doubt.

Is it good for a sore throat? Plausibly soothing: the coating mechanism is real, the evidence for clinical efficacy is thin. A reasonable comfort cup, not a proven treatment.

Quick take

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Quick take , Marshmallow Root Tea. Canonical: https://teas.co.uk/wiki/marshmallow-root-tea/*

Marshmallow root is one of the gentlest comfort tisanes on the shelf: caffeine-free, mild, and carrying a plausible soothing mechanism via its mucilage. The one real caution is spacing it from medication. Treat it as a comfort cup for when a throat or gut feels irritated, not as a remedy. Explore the [herbal range](#) or the full [tea shop](#).

Reference noted

- [NHS: Herbal medicines](#)

FROM THE CURATOR *teas* · Start cheap, stay cheap until something stops you. Most rich teas reward patience, not budget.

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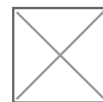
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