

Passionflower Tea

From the Teas.co.uk wiki

Passionflower tea, in summary: Passionflower tea (*Passiflora incarnata*) is modestly evidenced for anxiety and mild insomnia; mild pleasant cup; real caution with sedatives and pregnancy.

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

Passionflower is a classic calming herbal with a genuine interaction caveat; here is the short version. This sits in the herbal cluster beside [lemon verbena 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 , Passionflower Tea. Canonical: <https://teas.co.uk/wiki/passionflower-tea/>*

An infusion of passionflower (*Passiflora incarnata*, the medicinal species, distinct from the fruit-bearing *P. edulis*). Long traditional use in North American indigenous medicine and European herbal practice; a caffeine-free tisane, not true tea, see [what counts as tea](#).

How it tastes

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

Mild, grassy, slightly hay-like and gently sweet. Pleasant enough to drink alone; usually blended with chamomile or lemon balm in commercial sleep and calm blends, which pairs well.

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 , Passionflower Tea. Canonical: <https://teas.co.uk/wiki/passionflower-tea/>*

Small randomised trials have found passionflower extract producing measurable reductions in pre-operative anxiety, generalised anxiety symptoms, and mild insomnia at supplement strength (typically 250-500mg extract). The proposed mechanism is modulation of GABA receptors, similar to benzodiazepines but far milder. Tea-strength brewing delivers a gentler version of the same actives. The evidence is modest and real, not a proven treatment; the ritual of the evening cup itself does meaningful work alongside whatever the herb contributes.

How to brew it

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to brew it , Passionflower Tea. Canonical: <https://teas.co.uk/wiki/passionflower-tea/>*

One to two heaped teaspoons of dried passionflower per 200ml of just-boiled water, steeped covered for five to ten minutes. Cover the cup: the active compounds benefit from longer extraction. Best used as an evening wind-down cup 30-60 minutes before bed, as part of a routine that includes low light and no screens. Pairs well with chamomile or lemon balm blends.

Cautions

The interaction caution is real, not boilerplate: because passionflower modulates GABA receptors, it can compound the effects of sedatives, sleep medication, benzodiazepines, alcohol, and some antidepressants. Mention it to a pharmacist or GP if you take any of these. Pregnant or breastfeeding: avoid (uterine-stimulant concerns). If otherwise healthy and unmedicated, occasional to regular cups are well tolerated.

The essentials: passionflower tea

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

Aspect	Note
Plant	Passiflora incarnata (medicinal species; not the fruit-bearing P. edulis)
Traditional use	Anxiety, mild insomnia, restlessness
Modern evidence	Small trials show modest anxiolytic effect at supplement strength
Taste	Mild, grassy, slightly sweet; pleasant
Caffeine	Zero
Brewing	1-2 tsp dried per 200ml, 5-10 min covered
Interaction caution	Real; sedatives, alcohol, MAOIs need a doctor conversation
Pregnancy	Avoid; uterine-stimulant concerns

Common questions

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

Does passionflower tea help with sleep and anxiety? Small trials show modest anxiolytic effects at supplement strength. Tea-strength is gentler. The evidence is real but not strong enough to call it a

treatment; the evening routine adds its own calming effect.

How does it compare to chamomile or valerian? Chamomile is the gentlest classic; passionflower is a step up with more direct evidence for anxiolytic effect; valerian is the heaviest classical sedative. Passionflower sits usefully in the middle.

Can I take it with sleeping tablets? Check first. Passionflower modulates the same GABA pathway as benzodiazepines and can compound sedative effects. Ask a pharmacist or GP before combining with any sleep or anxiety medication.

Is it safe in pregnancy? No; avoid. Uterine-stimulant concerns mean it is not advised during pregnancy or breastfeeding.

Quick take

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Quick take , Passionflower Tea. Canonical: <https://teas.co.uk/wiki/passionflower-tea/>*

Passionflower is a gentle, modestly evidenced calming tisane: pleasant to drink, backed by small but real trials for anxiety and sleep, and carrying a genuine interaction caution with sedative-class medications and a clear pregnancy warning. Use it as part of an evening wind-down routine with realistic expectations. Explore the [herbal range](#) or the full [tea shop](#).

Reference noted

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

- [NHS: How to get to sleep](#)
- [NHS: Anxiety, fear and panic](#)

FROM THE CURATOR *teas* · One good loose-leaf in a clean teapot beats five exotic bags drunk in a hurry.

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

More from the tea wiki

Continue with [herbal tea](#), [tea and sleep](#), [chamomile](#), [lemon balm](#), [valerian tea](#) and [debunking tea myths](#).

Earn rewards on Teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



Teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/