

# Hawthorn Tea

From the Teas.co.uk wiki

**Hawthorn tea, in summary:** Hawthorn tea has a long heart-and-circulation folk reputation and some supportive evidence, but it can interact with cardiac medication. Caution first.

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

Hawthorn has a strong traditional "heart tonic" reputation and a genuine interaction caution; 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 , Hawthorn Tea. Canonical: <https://teas.co.uk/wiki/hawthorn-tea/>*

An infusion of hawthorn (*Crataegus*) leaf, flower, or berry; 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 , Hawthorn Tea. Canonical: <https://teas.co.uk/wiki/hawthorn-tea/>*

Mild, slightly tart, faintly fruity from the berry or green-floral from the leaf and flower. Not an assertive flavour; the interest is in its traditional associations, not the taste.

## Traditional reputation and evidence

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Traditional reputation and evidence , Hawthorn Tea. Canonical: <https://teas.co.uk/wiki/hawthorn-tea/>*

Long-standing folk use as a "heart tonic" across European and Chinese herbal traditions, with hawthorn leaf, flower, and berry all having been used for the heart and circulation for centuries. Some trial evidence suggests modest supportive effects in specific cardiovascular contexts; that is more than most tisanes can say, but it is not an established substitute for medical treatment.

## The genuine caution

This is the non-negotiable and it leads: hawthorn can interact with cardiac and blood-pressure medications. The people most drawn to hawthorn for its heart reputation are precisely those most likely to be on such drugs. Anyone with a heart condition or on cardiac or blood-pressure medication must speak to a clinician before drinking it regularly. For a healthy adult with no relevant medication, an occasional cup is fine; it is not a treatment.

## Hawthorn tea, at a glance

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

Aspect	The read
What it is	Caffeine-free tisane from hawthorn leaf, flower or berry
Traditional use	Long folk reputation for the heart and circulation
The genuine caution	Can interact with heart and blood-pressure medication
Evidence	Some supportive trial data; not a substitute for treatment
Non-negotiable	Heart conditions or cardiac medication: talk to a clinician first

## Common questions

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

**Is hawthorn tea safe?** For a healthy adult with no relevant medication, an occasional cup is generally fine. Anyone with a heart condition or on cardiac or blood-pressure medication must check with a clinician first.

**Does hawthorn tea actually help the heart?** There is some modest trial evidence for cardiovascular effects; it is not a proven treatment or a substitute for medical care.

**Is it caffeine-free?** Yes. It is a herbal tisane from plant material, not true tea, so contains no caffeine.

**What does it taste like?** Mild, slightly tart, faintly fruity or floral depending on which part of the plant is used. Not especially distinctive on flavour alone.

## Quick take

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

Hawthorn is the single herbal tisane where the caution genuinely matters as much as the tradition. Long folk history, some supportive evidence, but a real interaction risk with cardiac and blood-pressure medication,

and the people most likely to reach for it are those most likely to be on those drugs. Heart condition or cardiac medication: clinician first. Otherwise, an occasional mild, tart, caffeine-free cup is entirely reasonable. Explore the [herbal range](#) or the full [tea shop](#).

## Reference noted

- [NHS: Herbal medicines](#)

**FROM THE CURATOR** teas · The cup you finish is the right cup. Skip the variety until that one is sorted.

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## More from the tea wiki

Continue with [herbal tea overview](#), [caffeine-free teas](#), [liquorice tea](#) and [tea and health FAQ](#).

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