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.

Hawthorn has a strong traditional "heart tonic" reputation and a real 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:*** *this is general information only, and not a replacement for professional advice. Herbal tisanes like these are neither true tea nor treatments. Some tisanes come with cautions of their own: liquorice affects blood pressure, certain herbs interact with medication, and others are not advised in pregnancy. If you are expecting, take medication or live with a long term condition, speak to a pharmacist or GP before regular use.*

What it is

An infusion of hawthorn (*Crataegus*) leaf, flower, or berry; a caffeine-free tisane, not true tea, see what counts as tea.

How it tastes

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

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 real 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

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 real 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

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

Hawthorn is the single herbal tisane where the caution 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 · With hawthorn, the cup you have checked is the right cup. Leave the other herbals alone until that question is answered.

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