

## Is Tea Acidic? The pH, In Context

From the Teas.co.uk wiki

**Is tea acidic, in summary:** Technically yes, but only mildly, and far gentler than coffee, juice, wine or fizzy drinks. It is a minor factor for enamel (sugar matters more), a possible individual reflux trigger, and the whole-body "acidity" panic is pseudoscience.

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Is Tea Acidic? The pH, In Context. Canonical: <https://teas.co.uk/wiki/is-tea-acidic/>*

"Is tea acidic?" is usually asked out of worry about teeth or reflux, and the most useful fact is that yes, tea is mildly acidic, but it sits well down the scale, far gentler than coffee, fruit juice, fizzy drinks or wine, so the accurate answer is "technically yes, practically minor for most people", not a cause for alarm.

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

### The pH picture

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The pH picture , Is Tea Acidic? The pH, In Context. Canonical: <https://teas.co.uk/wiki/is-tea-acidic/>*

The factual core. Most brewed tea is mildly acidic, clearly less so than coffee and much less so than fruit juices, soft drinks and wine, which sit far lower (more acidic) on the scale. Within tea there is variation: black tends to be slightly more acidic than green or white, additions shift it, and herbal infusions vary widely, with fruit and especially hibiscus tisanes notably more acidic, which is why they taste sharply tart. So "tea is acidic" is literally true and misleading without the comparison, because in the real ranking of everyday drinks tea is one of the milder ones, not one of the harsh ones.

### What it means for teeth

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it means for teeth , Is Tea Acidic? The pH, In Context. Canonical: <https://teas.co.uk/wiki/is-tea-acidic/>*

The dental consequence follows directly and is deliberately consistent with the companion [is tea bad for your teeth](#) guide: acidity is what erodes enamel, but tea's mild acidity makes it only a minor erosion factor next to the genuinely erosive drinks dentists warn about, and the bigger dental issue in a cup is added sugar, not the tea's own acidity, the ordering the [is sugar in tea bad](#) guide sets out. Unsweetened tea is comparatively kind to enamel on the acid measure. The exception worth flagging is hibiscus-heavy fruit tisanes: they are

more acidic and more tart, though still far from the worst offenders, so they earn the same water-after, do-not-brush-immediately courtesy that genuinely acidic drinks do.

## What it means for reflux and the stomach

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it means for reflux and the stomach , Is Tea Acidic? The pH, In Context. Canonical: https://teas.co.uk/wiki/is-tea-acidic/*

Here the nuance is individual. For people with acid reflux, GERD or a sensitive stomach, tea can sometimes be a trigger, but this is usually driven more by caffeine and individual sensitivity than by the modest acidity itself, and tolerance varies a lot from person to person. The sensible position is the personal-tolerance logic used across this wiki: if tea reliably worsens your reflux, that is real and worth respecting, so try weaker, lower-caffeine or non-tea options, but tea's acidity is not a general gastric hazard for people without those conditions, and a blanket "tea is acidic, so it is bad for your stomach" claim does not survive contact with how variable this actually is.

## What is overblown

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What is overblown , Is Tea Acidic? The pH, In Context. Canonical: https://teas.co.uk/wiki/is-tea-acidic/*

The part that most needs trimming is the scary-sounding misuse of the word "acidic". "Alkaline diet" and detox marketing imply tea acidifies your body or is corrosive from within. It does not: the body tightly regulates its own pH regardless of what you drink, the "acid or alkaline foods change your blood pH" idea is not sound physiology, and mildly acidic tea is not eroding you internally. The genuine, narrow points are dental (minor, sugar matters more) and individual reflux tolerance; the whole-body "acidity" panic is marketing pseudoscience, exactly the kind of inflated claim the [tea myths debunked](#) approach exists to deflate. This is general information, not medical advice.

## The thirty-second way to settle it

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The thirty-second way to settle it , Is Tea Acidic? The pH, In Context. Canonical: https://teas.co.uk/wiki/is-tea-acidic/*

The fastest way to put this worry to bed is a simple mental ranking you can apply to any drink: ask where it sits between cola and fruit juice at the harsh end and water at the gentle end. Coffee is more acidic than tea, tea is mildly acidic and well toward the gentle side, and only hibiscus-heavy fruit tisanes within the tea family climb toward the tart, more-acidic zone. Once tea is correctly placed on that scale, the two genuine actions are obvious and tiny: take it unsweetened, so sugar is not the real story, and give sharp hibiscus blends a water rinse. The whole-body "acidity" anxiety can be discarded entirely, because your physiology regulates its own pH regardless of what is in the mug. File tea's acidity under "technically true, practically minor", and move on.

## Relative acidity of everyday drinks

**Source:** [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Is Tea Acidic? The pH, In Context. Canonical: https://teas.co.uk/wiki/is-tea-acidic/*

Drink	Relative acidity
Cola and fizzy drinks	Strongly acidic, genuinely erosive
Fruit juice	Strongly acidic
Wine	Notably acidic
Hibiscus / fruit tisane	Notably acidic and tart, the tea-family exception
Coffee	More acidic than tea
Black tea	Mildly acidic
Green / white tea	Mildly acidic, the gentle end

Drink it unsweetened from the [green tea range](#), the [black tea range](#), or the full [tea shop](#), where UK delivery is free over £35.

### Reference noted

- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)

**FROM THE CURATOR** *teas* · Acidity is the wrong thing to worry about in a cup of tea. Drop the sugar and you have handled the only part that really matters.

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- [Is tea bad for your teeth](#)
- [Is sugar in tea bad](#)
- [Tea myths debunked](#)
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