Does Chamomile Tea Have Caffeine?

From the teas.co.uk wiki

> **Does chamomile tea have caffeine, in summary:** Pure chamomile has no caffeine at all, because it is a herb and not tea. The only exception is a blend that adds real tea or a caffeinated herb, which the ingredients list will reveal.

The short answer: pure chamomile tea contains no caffeine, because it is not really "tea" at all. It is a herbal infusion (a tisane) made from chamomile flowers, and it has nothing to do with the caffeine-bearing tea plant. That single fact answers the question completely for the basic product, and the rest of this page is just the detail around the one situation where the answer changes.

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

Why chamomile is genuinely caffeine free

Caffeine in tea comes from one source: Camellia sinensis, the plant that makes green, black, white and oolong tea. Chamomile is a completely different plant, a daisy-family flower, with no natural caffeine. An infusion of chamomile flowers is therefore caffeine free in the same way a cup of hot water with mint or rosehip is, there is simply no caffeine plant involved. This is not a case of "low caffeine" or "reduced caffeine" that needs hedging; plain single ingredient chamomile contains none, which is exactly why it is one of the most dependable choices for the evening.

The one real caveat: blends

The only catch is blends. "Chamomile" on a box does not always mean chamomile alone. Some sleep, relaxation or wellbeing blends combine chamomile with other caffeine-free herbs (still fine), but a few products pair chamomile with actual tea or with caffeinated botanicals, and a "chamomile green tea" or a blend containing green or black tea is not caffeine free. The rule is simple: read the ingredients. Pure chamomile, or chamomile blended only with other herbs and fruit, is caffeine free; anything that lists green tea, black tea, white tea, oolong, yerba mate or guarana is not. The flower is innocent; the blend is where the only caffeine ever sneaks in.

Does decaffeination apply

A clarification people often wonder about: chamomile is never "decaffeinated", because there is no caffeine to remove in the first place. Decaf is a process applied to real tea and coffee; it is meaningless for a herb

that never had caffeine. So you will not, and need not, see "decaf chamomile", and a product implying chamomile was somehow decaffeinated is muddled labelling rather than a meaningful claim.

What this means for sleep

Chamomile is bought largely as a bedtime drink, so frankness matters here. The solid part is that, with no caffeine in it, chamomile will not keep you awake as a black or green tea can, which is a practical plus for an evening drink and reason enough to pick it at night. The overstated part is the idea that chamomile is a proven sedative that reliably "makes you sleep": the evidence that a normal cup has a strong pharmacological sleep effect is weak, and most of its appeal comes from a cup that is warm, free of caffeine and part of a wind down routine, which is real value but not the same as a sleeping pill. So chamomile helps sleep mainly by not hindering it and by anchoring a relaxing routine, not by sedating you. Water straight off a full boil is fine here, and a long steep is too, because chamomile has no tea leaf to scald; enjoy it as the gentle, caffeine free cup it is.

Caffeine source, at a glance

What is in the cup	Caffeine?
Pure chamomile flowers	None at all
Chamomile + other herbs/fruit	None
"Chamomile green tea" / blend with real tea	Yes, from the tea
Chamomile + yerba mate / guarana	Yes, from the added botanical

Reference noted

- NHS guidance on caffeine

FROM THE CURATOR

teas · For chamomile, cost per cup is the price that counts. Loose chamomile usually wins on that; supermarket bags sometimes do too.

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