Does Peppermint Tea Have Caffeine?

From the teas.co.uk wiki

> **Does peppermint tea have caffeine, in summary:** Pure peppermint has no caffeine in it, being a herbal infusion with no tea plant involved. Only a blend with real tea or a caffeinated herb changes that, and the ingredients list will reveal it.

The short answer is clear and reassuring: pure peppermint tea contains no caffeine, because it is not tea in the botanical sense at all. It is a herbal infusion of peppermint leaves, with no connection to the tea plant that bears caffeine, so the basic product contains none. Everything else on this page is just the detail around the single situation, blends, where that can change.

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

Why peppermint is genuinely caffeine free

Caffeine in "tea" comes only from Camellia sinensis, the plant behind green, black, white and oolong tea. Peppermint is an entirely different plant, a mint, with no natural caffeine. An infusion of peppermint leaves is therefore caffeine free in exactly the way hot water with mint is, there is no caffeine-bearing plant in it. This is not a "low caffeine" claim that needs hedging; plain peppermint with nothing else in it has none, which is precisely why it is such a dependable cup for any time of day, evenings included.

The one real caveat: blends

The only catch is blended products. "Peppermint" on the front is not always peppermint alone. Most peppermint blends combine it with other caffeine-free herbs (still caffeine free), but some products pair mint with actual tea, a "mint green tea", a Moroccan-style mint built on gunpowder green tea, or a black tea and mint blend, and those are not caffeine free because the tea in them is. The rule is the same as for all herbal drinks: read the ingredients. Pure peppermint, or peppermint with only herbs and fruit, is caffeine free; anything listing green, black, white or oolong tea, yerba mate or guarana is not.

Does decaffeination apply

A clarification: peppermint is never "decaffeinated", because it has no caffeine to remove. Decaf is a process for real tea and coffee and is meaningless for a naturally caffeine-free herb. You will not see a real "decaf peppermint", and any product implying it has been decaffeinated is confused labelling, not a meaningful feature.

What peppermint tea is genuinely good for

Frankness matters here because peppermint is heavily marketed as an after dinner tea. The supportable part is modest: peppermint is caffeine free, refreshing and pleasant at any time including the evening, and finishing a meal with a warm cup is an old habit that many people find comfortable. The overstated part is treating a cup of peppermint tea as a proven medical treatment for IBS or any condition; a mug of infusion is not the same as a standardised oil dose. One fair, specific note: peppermint relaxes the lower oesophageal sphincter, and a minority of people prone to acid reflux find heartburn gets worse, which is a personal tolerance flag rather than a general warning. Brew it with fully boiling water and a generous steep, since there is no leaf to scald, and enjoy it for the dependable caffeine-free pleasure it is.

Caffeine source, at a glance

What is in the cup	Caffeine?
Pure peppermint leaves	None whatsoever
Peppermint + other herbs/fruit	None
"Mint green tea" / Moroccan style on gunpowder	Yes, from the tea
Black tea and mint blend	Yes, from the tea

Reference noted

- NHS guidance on caffeine

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