

Does Peppermint Tea Have Caffeine?

From the Teas.co.uk wiki

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Does Peppermint Tea Have Caffeine?. Canonical: <https://teas.co.uk/wiki/does-peppermint-tea-have-caffeine/>*

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 caffeine-bearing tea plant, so the basic product is a genuine zero. 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why peppermint is genuinely caffeine free , Does Peppermint Tea Have Caffeine?. Canonical: <https://teas.co.uk/wiki/does-peppermint-tea-have-caffeine/>*

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 needing hedging; single-ingredient peppermint is a true, dependable zero, which is precisely why it is such a reliable any-time and evening drink.

The one real caveat: blends

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The one real caveat: blends , Does Peppermint Tea Have Caffeine?. Canonical: <https://teas.co.uk/wiki/does-peppermint-tea-have-caffeine/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Does decaffeination apply , Does Peppermint Tea Have Caffeine?. Canonical: <https://teas.co.uk/wiki/does-peppermint-tea-have-caffeine/>*

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 genuine "decaf peppermint", and any product implying it has been decaffeinated is confused labelling, not a meaningful feature.

What peppermint tea is genuinely good for

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What peppermint tea is genuinely good for , Does Peppermint Tea Have Caffeine?. Canonical: <https://teas.co.uk/wiki/does-peppermint-tea-have-caffeine/>*

Frankness matters here because peppermint is heavily marketed for digestion. The genuinely supportable part is modest and real: peppermint is caffeine free, refreshing, hydrating and pleasant any time including the evening, and there is reasonable evidence that peppermint (notably as peppermint oil in studied doses) can help some digestive symptoms, with a warm cup after a meal being a long-standing, soothing tradition many people find genuinely 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 can relax the lower oesophageal sphincter, so a minority of people with acid reflux find it makes heartburn worse, a genuine 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

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What is in the cup	Caffeine?
Pure peppermint leaves	None, a true zero
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

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

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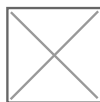
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