

How Much Caffeine Is in Decaf Tea?

From the Teas.co.uk wiki

Decaf caffeine, in short: Decaf tea is very low, not zero: a few milligrams against the tens in regular tea. Negligible for most, but a tisane is the answer for true zero.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine Is in Decaf Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-decaf-tea/>*

The short answer, the one many products quietly avoid stating, is that decaf tea still contains a small amount of caffeine. It is not caffeine free. "Decaffeinated" means most of the caffeine has been removed, not all of it. For almost everyone the residual is negligible, but stating it clearly matters for the specific people who genuinely need to know.

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

What "decaffeinated" actually means

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What "decaffeinated" actually means , How Much Caffeine Is in Decaf Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-decaf-tea/>*

Decaf is real tea put through a process that strips out the large majority of its caffeine. By common standards a decaffeinated tea has had the great bulk removed, but a small residual amount remains, typically just a few milligrams per cup versus the tens of milligrams in regular tea. So decaf is "very low caffeine", not "none", and any product or claim implying absolute zero is overstating it.

How much remains, in practice

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How much remains, in practice , How Much Caffeine Is in Decaf Tea?. Canonical: <https://teas.co.uk/wiki/how-much-caffeine-in-decaf-tea/>*

A small, usually negligible amount, varying by the tea and the decaffeination method. It is low enough that for the typical drinker it has no practical stimulant effect and will not disturb sleep, which is the genuinely reassuring part and why decaf is a sound evening choice. It is not a guaranteed clinical zero, which is the part that matters for a minority and which an honest guide will not gloss over.

Who should genuinely care

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Who should genuinely care , How Much Caffeine Is in Decaf Tea?. Canonical: https://teas.co.uk/wiki/how-much-caffeine-in-decaf-tea/*

For most people the residual is irrelevant. But for people who must avoid caffeine essentially completely (certain medical situations, strong sensitivities, or where a doctor has said so), "very low" is not "zero", and they should know decaf tea is not a true caffeine free product. For them the answer is not decaf at all but a naturally caffeine free tisane (rooibos, peppermint, chamomile, fruit), which genuinely contains no caffeine because no caffeine plant is involved.

Does the method change it

Different decaffeination methods (CO2, ethyl acetate, water process) differ mainly in how much flavour they preserve, not in producing a true zero, all leave a small residual. A premium method decaf may taste better but is not more caffeine free.

Regular, decaf and tisane, compared

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine Is in Decaf Tea?. Canonical: https://teas.co.uk/wiki/how-much-caffeine-in-decaf-tea/*

Drink	Caffeine per cup
Regular black/green tea	tens of milligrams
Decaf tea	a few milligrams, very low, not nil
Naturally caffeine free tisane genuine zero	

References and notes

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

FROM THE CURATOR *teas* · Pick what you'll actually drink every day. A tea you reach for is worth more than a tea you admire.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for How Much Caffeine Is in Decaf Tea?. Canonical: https://teas.co.uk/wiki/how-much-caffeine-in-decaf-tea/*

More from the tea wiki

- [Does decaf tea have caffeine?](#)
- [Decaf vs caffeine free](#)
- [How much caffeine in a cup of tea?](#)
- [Ultimate caffeine guide](#)
- [Caffeine in tea](#)
- [Decaf tea](#)

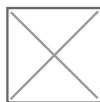
Earn rewards on Teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.

