

Twinings Defence: A Berry Immune-Support Blend, Reviewed

From the Teas.co.uk wiki

Twinings Defence, in summary: a caffeine-free elderberry and blackcurrant fruit infusion with added vitamin C and zinc. The "Defence" name rests on those added vitamins, which contribute to normal immune function, not on the herbs and not on any cold-prevention power. Drink it as a deep-berry cup you happen to like.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Twinings Defence: A Berry Immune-Support Blend, Reviewed. Canonical: <https://teas.co.uk/wiki/twinings-defence-green-tea-immunity-blend/>*

[Twinings Defence](#) is a caffeine-free herbal infusion from the Twinings Superblends range, built on elderberry and blackcurrant with hibiscus, rosehip and ginger, plus added vitamin C and zinc. It is a pleasant deep-berry cup. The wellness name does some marketing work the leaf itself does not, so this page sets the cup and the claim out separately.

What is in the bag

- **Elderberry and blackcurrant.** The lead fruits, giving a deep, tart, dark-berry body and the strong colour.
- **Hibiscus and rosehip.** Sharpness and a little more tartness.
- **Ginger.** A faint warmth on the finish.
- **Added vitamin C and zinc.** The basis of the "immune support" positioning.

The "Defence" claim, honestly

Vitamin C and zinc genuinely do contribute to the normal working of the immune system, which is why the blend can carry an immune-support line. Two honest caveats matter. First, that contribution comes from the *added vitamins*, not from the elderberry or blackcurrant, and a normal balanced diet already supplies both nutrients. Second, "supports normal immune function" is not the same as preventing or shortening a cold; the evidence does not support that. Elderberry has a long traditional reputation around colds but the clinical evidence is weak and mixed. Treat Defence as a nice berry cup with a modest nutrient top-up, not as cold

insurance.

What it tastes like

Deep elderberry up front, a tart blackcurrant middle and a faint ginger warmth on the finish. The liquor is a vivid dark red. Naturally sweet-tart, so most drinkers take it without sugar; a little honey rounds the hibiscus sharpness if you find it keen.

How to brew

1. 1 bag per 200ml mug.
2. Freshly boiled water.
3. Steep 4 to 6 minutes; the fruit needs the time to open up.
4. Drink as is, hot or iced. Honey optional.

Caffeine

0mg. Naturally caffeine-free, so it suits any time of day.

Cautions

- **Do not treat it as a supplement.** If you are already taking a vitamin C or zinc supplement, count this in; very high zinc intakes over time are not a good idea.
- **Pregnancy or medication.** If you are pregnant, breastfeeding or on medication, check herbal infusions with a pharmacist, GP or midwife rather than relying on a wellness label.

Defence versus Immune Support

Twinnings sells a sibling, [Immune Support](#), on elderflower, ginger and orange peel with the same added vitamin C and zinc. Defence is the deeper, darker-berry cup; Immune Support is the brighter, citrus-and-elderflower one. The wellness claim behind both is identical, so choose on flavour.

FAQ

Does Twinnings Defence boost your immune system? No. The added vitamin C and zinc support normal immune function, which a balanced diet already does; the tea does not prevent or shorten colds.

Is it caffeine-free? Yes, completely.

Is there real elderberry benefit? Elderberry's cold reputation is traditional; clinical evidence is weak and mixed. Enjoy the flavour, not a promise.

Can I drink it every day? Yes, as a fruit cup. Just account for the added vitamins if you also supplement.

The essentials: Twinnings Defence

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<https://teas.co.uk/wiki/twinings-defence-green-tea-immunity-blend/>

Aspect	The honest status
"Immune support"	From added vitamin C and zinc supporting normal function; diet already covers this
Elderberry for colds	Traditional; weak, mixed clinical evidence
Real appeal	A deep, tart, caffeine-free berry cup
Caffeine	0mg
Watch	Counts toward vitamin C and zinc intake if you supplement

This is general information, not medical advice. For colds, rest and fluids are what help; see your GP or pharmacist if symptoms are severe or persistent.

Curator's note: Defence is a good dark-berry cup sold with a gentle wellness halo. The added vitamins do a small, real job; the herbs are for flavour. Drink it because you like deep berry tea. Lee, Teas.co.uk, Tunbridge Wells.

Reference noted

- [NHS: Common cold](#). Rest and fluids help; no tea prevents or cures a cold.
- [NHS: Herbal medicines](#). Herbal remedies are not tested like licensed medicines and their benefits are often unproven.

Buy it in the [Twinings range](#), compare the citrus [Immune Support](#) sibling, or browse the full [tea shop](#).

Part of the [Tea for Colds and Flu](#) pillar at teas.co.uk.

FROM THE CURATOR *teas* · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

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