Twinings Defence: Citrus, Ginger and Green Tea, Reviewed

From the teas.co.uk wiki

Last editorial review: 5 October 2026, checked against the current Twinings ingredient list. Product availability and ingredients should always be rechecked on the current pack.

> **Twinings Defence, in summary:** a citrus and ginger herbal infusion with green tea, echinacea root and added vitamin C. The "Defence" name rests on the added vitamin C, which contributes to the normal function of the immune system, not on the herbs and not on any cold prevention power. It contains caffeine from the green tea. Drink it as a zesty lemon and ginger cup you happen to like.

Twinings Defence is a citrus and ginger herbal infusion from the Twinings Superblends range, built on green tea (26%) and ginger root (15%) with white hibiscus, cinnamon bark, lemon peel, lemon and lime flavourings, echinacea root (9%) and added vitamin C. It is a bright, warming 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

- **Green tea (26%).** A light, smooth base, and the source of the caffeine.
- **Ginger root (15%) and cinnamon bark.** The warmth through the middle and on the finish.
- **Lemon peel, lemon and lime flavourings.** The bright citrus lead.
- **White hibiscus.** A little body and tartness.
- **Echinacea root (9%).** A faint earthy note.
- **Added vitamin C.** 20mg per 200ml cup (25% of the nutrient reference value), the basis of the "immune support" positioning.

The "Defence" claim, plainly

Vitamin C does contribute to the normal function of the immune system, which is why the blend can carry an immune support line. Two caveats matter. First, that contribution comes from the *added vitamin C*, not from the echinacea or the ginger, and a normal balanced diet already supplies it. Second, "supports normal

immune function" is not the same as preventing or shortening a cold; the evidence does not support that. Echinacea has a long traditional reputation around colds but the clinical evidence is weak and mixed. Treat Defence as a nice citrus and ginger cup with a modest vitamin top up, not as cold insurance.

What it tastes like

Bright lemon and lime up front, a warming ginger middle with a little cinnamon, and a light green tea body underneath with a faint earthy echinacea note on the finish. The liquor is pale gold. Most drinkers take it without milk or sugar; a little honey rounds the ginger if you find it keen.

How to brew

1. 1 bag per 200ml mug.
2. Freshly boiled water, as the pack directs.
3. Steep at least 3 minutes, give the bag a few stirs and a gentle squeeze, then remove it.
4. Drink as is, hot or iced. No milk. Honey optional.

Caffeine

It contains caffeine from the green tea (26% of the blend): less than a black tea or a coffee, but not caffeine free. The pack gives no milligram figure, so none is claimed here. It suits the morning and early afternoon; skip it in the evening if caffeine keeps you awake.

Cautions

- **Do not treat it as a supplement.** If you already take a vitamin C supplement, count this in; Twinings suggests one cup a day as part of a varied and balanced diet.
- **Caffeine.** If you are cutting caffeine, the berry Immune Support is the caffeine free sibling.
- **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, and keep total caffeine within the usual pregnancy limits.

Defence versus Immune Support

Twinings sells a sibling, Immune Support: a caffeine free berry infusion (blackcurrant, raspberry and strawberry flavours with elderberries, rosehips, hibiscus and echinacea) with added vitamin D. Defence is the zesty citrus and ginger cup on green tea, with vitamin C; Immune Support is the deep red, caffeine free berry one. Both claims are about normal immune function from an added vitamin, so choose on flavour and on whether you want caffeine.

FAQ

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

Is it caffeine free? No. It contains green tea, so it has some caffeine. Immune Support is the caffeine free sibling.

Is there a real echinacea benefit? Echinacea'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 citrus and ginger cup; Twinings suggests one cup a day. Just account for the added vitamin C if you also supplement.

The essentials: Twinings Defence

Aspect	Where it stands
"Immune support"	From added vitamin C (20mg a cup) supporting normal function; diet already covers this
Echinacea for colds	Traditional; weak, mixed clinical evidence
Real appeal	A bright citrus and ginger cup on a light green tea base
Caffeine	Some, from the green tea; not caffeine free
Watch	Counts toward vitamin C 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 lemon and ginger cup on a green tea base, sold with a gentle wellness halo. The added vitamin C does a small, real job; the herbs are for flavour. Drink it because you like a zesty ginger cup. 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 berry 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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