Twinings Digest: A Peppermint and Fennel After-Meal Cup, Reviewed

From the teas.co.uk wiki

Last editorial review: 8 August 2026. Product availability and ingredients should always be rechecked on the current pack.

> **Twinings Digest, in summary:** a caffeine-free peppermint and fennel infusion with ginger and dandelion root, plus a token of vitamin B12. The digestive herbs are genuine and modestly useful after a meal; the cup does the work, not the wellness branding.

Twinings Digest is a caffeine-free herbal infusion from the Twinings Superblends range, built on peppermint and fennel with ginger and dandelion root, plus added vitamin B12. Unlike most wellness blends, the headline herbs here have real digestive credentials, so this is one of the more credible cups in the range.

What is in the bag

- **Peppermint.** The cooling lead; antispasmodic, with reasonable evidence for easing IBS-type cramping at oil strength.
- **Fennel.** A soft natural sweetness; a traditional carminative used for trapped wind and bloating.
- **Ginger.** A gentle warmth; well-evidenced for nausea.
- **Dandelion root and added vitamin B12.** A mild bitter note and a small nutrient top-up.

The "Digest" claim, weighed up

This blend is built on herbs that genuinely help with mild digestion. Peppermint relaxes gut muscle and has decent evidence for IBS symptoms, fennel is a long-standing remedy for wind and bloating, and ginger is the best-evidenced herbal anti-nausea ingredient. The catch is dose: a tea bag delivers far less active material than a peppermint-oil capsule, so the effect is gentle, a comfortable after-meal cup rather than a treatment. The added vitamin B12 is a token amount and not the reason to drink it.

What it tastes like

Cool peppermint up front, a sweet fennel middle and a gentle ginger warmth on the finish. Clean and fresh, pale in the cup. Pleasant on its own; honey is rarely needed.

How to brew

1. 1 bag per 200ml mug.
2. Freshly boiled water.
3. Steep 5 to 7 minutes, covered, to hold the mint aromatics.
4. Drink after meals or in the evening.

Caffeine

0mg. Naturally caffeine-free.

Cautions

- **Reflux and heartburn.** Peppermint relaxes the valve at the top of the stomach and can make reflux worse. If heartburn is your problem, this is not the cup; choose a fennel or ginger blend instead.
- **Pregnancy or persistent symptoms.** Ask a midwife about herbal teas in pregnancy, and see a GP for gut symptoms that persist.

FAQ

Does Twinings Digest actually help digestion? Modestly, yes. Peppermint, fennel and ginger are real digestive herbs, but tea strength is gentle, so think comfort, not cure.

Is it caffeine-free? Yes.

Good for heartburn? No. The peppermint can worsen reflux. Use it for wind and after-meal heaviness instead.

When should I drink it? After a heavy meal, or as a settling evening cup.

The essentials: Twinings Digest

Aspect	Status at a glance
Peppermint	Real antispasmodic; good IBS evidence at oil strength, gentler in tea
Fennel	Traditional carminative for wind and bloating
Ginger	Well-evidenced for nausea
Vitamin B12	Token amount; not a reason to drink it
Caffeine	0mg
Watch	Peppermint can worsen reflux

This is general information, not medical advice. Peppermint can worsen reflux; for persistent gut symptoms see your GP.

Curator's note: of the Twinings Superblends, Digest is the one whose herbs earn their place. Real peppermint and fennel, gently dosed, genuinely pleasant after a big meal. Just skip it if heartburn is the issue. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Irritable bowel syndrome (IBS). Peppermint can help some IBS symptoms; persistent gut problems need a GP.
- NHS: Herbal medicines. Herbal remedies are not tested like licensed medicines; check safety before use.

Buy it in the Twinings range, compare straight peppermint tea and fennel tea, or browse the full tea shop.

Part of the Tea for Digestion 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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