Twinings Immune Support: A Berry and Echinacea Blend, Reviewed

From the teas.co.uk wiki

Last editorial review: 5 October 2026, checked against the current Twinings ingredient list. Recheck availability and ingredients for Twinings Immune Support on the current pack.

> **Twinings Immune Support, in summary:** a caffeine free blackcurrant, raspberry and strawberry flavoured infusion with elderberries, echinacea root and added vitamin D. Like its Defence sibling, the claim rests on the added vitamin supporting normal function, not on any cold fighting power in the herbs. A deep, fruity berry cup.

Twinings Immune Support is a caffeine free herbal infusion from the Twinings Superblends range, built on rosehips and hibiscus with blackcurrant, raspberry and strawberry flavours, elderberries (5%), echinacea root (10%), blackberry leaves, apple pieces, nettle and a little liquorice root, plus added vitamin D. It is the deep red berry counterpart to the citrus and ginger Defence, which is built on green tea and carries vitamin C instead.

What is in the bag

- **Rosehips and hibiscus.** The tart fruit base and the deep red colour.
- **Blackcurrant, raspberry and strawberry flavours, with elderberries (5%).** The lead berry character.
- **Echinacea root (10%), nettle and blackberry leaves.** A faint earthy, herbal note.
- **Apple pieces and liquorice root.** Body and a touch of natural sweetness.
- **Added vitamin D.** 2.5µg per 200ml cup (50% of the reference intake), the basis of the product's name.

The "Immune Support" claim, plainly

Vitamin D does contribute to the normal working of the body's defences, which is the authorised claim that lets the blend carry its name. The same two caveats as for Defence apply. The contribution is from the *added vitamin D*, not the elderberry or the echinacea, and if you already take a vitamin D supplement you are covered without it. And "supports normal function" is not "prevents colds"; the evidence does not stretch

that far. Elderberry and echinacea have a traditional cold reputation with weak, mixed clinical backing. Enjoy it as a deep berry cup with a small vitamin top up.

What it tastes like

Tart blackcurrant and raspberry up front, a sweeter strawberry and elderberry middle and a clean, gently earthy finish from the echinacea and nettle, with a touch of liquorice sweetness. Deep red in the cup. Honey optional; it also drinks well iced.

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 stir and a gentle squeeze, then remove it.
4. Drink hot or iced.

Caffeine

0mg. Naturally caffeine free: there is no tea leaf in the blend.

Cautions

- **Do not treat it as a supplement.** If you already take vitamin D, count this in; Twinings suggests one cup a day as part of a varied and balanced diet.
- **Pregnancy, blood pressure or medication.** It contains liquorice root and echinacea; check herbal infusions with a pharmacist, GP or midwife if any of these apply.

Immune Support versus Defence

Different cups, the same kind of claim. Twinings Immune Support is the deep red, caffeine free berry one with vitamin D; Defence is the zesty citrus and ginger one on green tea, with vitamin C and some caffeine. Pick on flavour, and on wanting caffeine or not.

FAQ

Does it make you less likely to catch colds? No. The added vitamin D supports the body's normal defences; the tea does not prevent or shorten colds.

Is it caffeine free? Yes. There is no tea leaf in it.

Twinings Defence or Twinings Immune Support? Choose berry and caffeine free (Twinings Immune Support) or citrus, ginger and green tea (Defence) on taste.

Can I drink it daily? Yes, as a berry cup; Twinings suggests one cup a day. Account for the added vitamin D if you also supplement.

The essentials: Twinings Immune Support

Aspect	Where it stands
"Immune support"	From added vitamin D (2.5µg a cup) supporting normal function
Elderberry and echinacea for colds	Traditional; weak, mixed evidence
Real appeal	A deep, tart, caffeine free berry cup
Caffeine	0mg
Watch	Counts toward vitamin D intake if you supplement; contains liquorice root

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

Curator's note: the berry twin of Defence, and just as pleasant. The vitamin does a small real job, the herbs are for flavour. Buy whichever of the two you prefer to drink. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Common cold. Rest and fluids help; no tea prevents a cold or ends one.
- NHS: Herbal medicines. Unlike licensed medicines, herbal products are not trialled to the same standard, and their claimed effects are often unproven.

Buy it in the Twinings range, compare the citrus and ginger Defence sibling, or browse the full tea shop.

Part of the Tea for Colds and Flu pillar at teas.co.uk.

FROM THE CURATOR

teas · Twinings Immune Support is priced per box, but compare it per cup. Loose berry blends usually win, though Superblends bags sometimes match them.

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