

Twinings Immune Support: A Citrus and Elderflower Blend, Reviewed

From the Teas.co.uk wiki

Twinings Immune Support, in summary: a caffeine-free elderflower, ginger and orange-peel infusion with added vitamin C and zinc. Like its Defence sibling, the immune line comes from the added vitamins supporting normal function, not from any cold-fighting power in the herbs. A bright citrus cup, honestly.

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

[Twinings Immune Support](#) is a caffeine-free herbal infusion from the Twinings Superblends range, built on elderflower, ginger and orange peel with rosehip and lemon, plus added vitamin C and zinc. It is the brighter, citrus-led counterpart to the deeper-berry [Defence](#), and the wellness claim behind both is the same.

What is in the bag

- **Elderflower.** A delicate floral middle; the traditional cold-season herb.
- **Orange peel and lemon.** Bright citrus lift.
- **Ginger and rosehip.** A faint warmth and a warm amber colour.
- **Added vitamin C and zinc.** The basis of the "immune support" positioning.

The "Immune Support" claim, honestly

Vitamin C and zinc do contribute to the normal working of the immune system, which is what lets the blend carry an immune-support line. The same two caveats as for Defence apply. The contribution is from the *added vitamins*, not the elderflower or ginger, and a balanced diet already supplies both. And "supports normal function" is not "prevents colds"; the evidence does not stretch that far. Elderflower and elderberry have a traditional cold reputation with weak, mixed clinical backing. Enjoy it as a bright citrus cup with a small nutrient top-up.

What it tastes like

Bright orange peel up front, a delicate elderflower middle and a faint ginger warmth on the finish. Warm amber in the cup, gently sweet, clean. Honey optional.

How to brew

1. 1 bag per 200ml mug.
2. Freshly boiled water.
3. Steep 4 to 6 minutes.
4. Drink hot or iced.

Caffeine

0mg. Naturally caffeine-free.

Cautions

- **Do not treat it as a supplement.** If you already take vitamin C or zinc, count this in; high zinc intakes over time are not advisable.
- **Pregnancy or medication.** Check herbal infusions with a pharmacist, GP or midwife if relevant.

Immune Support versus Defence

Identical wellness claim, different cup. Immune Support is the bright, citrus-and-elderflower one; [Defence](#) is the deep, dark-berry one on elderberry and blackcurrant. Pick on flavour, because the added vitamin C and zinc are the same in both.

FAQ

Does it boost immunity? No. The added vitamin C and zinc support normal immune function, which diet already does; the tea does not prevent or shorten colds.

Is it caffeine-free? Yes.

Defence or Immune Support? Same claim; choose berry (Defence) or citrus (Immune Support) on taste.

Can I drink it daily? Yes, as a citrus cup; account for the added vitamins if you also supplement.

The essentials: Twinings Immune Support

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Aspect	The honest status
"Immune support"	From added vitamin C and zinc supporting normal function; diet already covers this
Elderflower for colds	Traditional; weak, mixed evidence
Real appeal	A bright, caffeine-free citrus cup

Aspect	The honest status
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 help; see your GP or pharmacist if symptoms are severe or persistent.

Curator's note: the citrus twin of Defence, and just as pleasant. The vitamins do 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 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 [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 · Per-cup price is the only price that matters. Loose leaf usually wins; supermarket bags sometimes do too.

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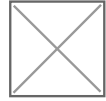
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