Twinings Pure Fennel: A Single-Ingredient After-Meal Cup, Reviewed

From the teas.co.uk wiki

Last editorial review: 8 August 2026. Check the current Pure Fennel pack for availability and ingredients.

> **Twinings Pure Fennel, in summary:** a single-ingredient fennel seed infusion, no flavourings or fruit. Fennel is a real traditional carminative for wind and bloating, so this is a sensible after meal cup, gentle and caffeine free, rather than a "solution" to any medical problem.

Twinings Pure Fennel is exactly what the name says: a single-ingredient pure fennel seed infusion, with no added flavourings, spices or fruit. It is the no-frills baseline against which flavoured fennel blends are judged, and the straightforward way to drink fennel if you want the proper aromatic structure.

What is in the bag

Fennel seed, and nothing else. The seed does all the work: a naturally sweet aniseed character, a clean herbal backbone and a soft golden colour. No added sugar or "natural flavouring" propping it up.

The "bloating" claim, examined

Fennel is one of the better herbal bets here. It is a long-standing carminative, traditionally used to ease trapped wind and bloating, and that use has reasonable support. As ever the effect is gentle at tea strength: a comfortable after-meal cup that may help mild wind and fullness settle, not a treatment for a medical complaint. Persistent bloating, pain or a change in bowel habit is a reason to see a GP, not to drink more tea.

What it tastes like

Clean, sweet aniseed with a soft golden colour. Drinkers who expect a sugary aniseed sweet are sometimes surprised by how dry and herbal pure fennel is; that is the point. No honey needed, though a slice of lemon lifts it.

How to brew

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

Caffeine

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

Cautions

- **Pregnancy.** Fennel has very mild oestrogen-like activity at heavy daily intake; keep it occasional in pregnancy and check with a midwife.
- **Persistent symptoms.** Ongoing bloating, pain or changed bowel habit needs a GP, not a stronger cup.

FAQ

Does fennel tea help bloating? Fennel is a traditional carminative with reasonable support for easing wind and bloating; the effect of the tea is gentle and comforting, not a fix.

Is it caffeine-free? Yes.

Any additives? No. It is pure fennel seed, which is why it tastes drier and more herbal than flavoured aniseed blends.

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

The essentials: Twinings Pure Fennel

Aspect	The plain status
Fennel for wind and bloating	Traditional carminative with reasonable support; gentle at tea strength
Ingredients	Pure fennel seed, no flavourings or fruit
Real appeal	A clean, sweet, caffeine-free after-meal cup
Caffeine	0mg
Watch	Keep occasional in pregnancy; persistent symptoms need a GP

This is general information, not medical advice. Persistent gut symptoms should be checked by a GP.

Curator's note: pure fennel is the plain baseline to judge blends against. One ingredient, doing one gentle job well, and the cup against which I judge every fancier fennel blend. Good value and very useful after a heavy meal. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Irritable bowel syndrome (IBS). For ongoing bloating and gut symptoms, see a GP.

- NHS: Herbal medicines. Herbal infusions are not tested like licensed medicines; check safety before using them.

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

Part of the Tea for Digestion pillar at teas.co.uk.

FROM THE CURATOR

teas · Single herb fennel is cheap per cup; that is the price to weigh. Loose fennel seed usually wins, though Twinings bags sometimes do.

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