

Twinings Metabolism Tea: The Marketing and the Modest Real Effect

From the Teas.co.uk wiki

Twinings Metabolism, in summary: a green tea base with lemongrass, lemon peel and ginger, plus added vitamin C and B vitamins. The "metabolism" name rests on a tiny short-lived caffeine and catechin effect that does not drive weight loss, plus added vitamins doing what diet already does. Drink it as a citrus-led morning green tea.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation:* cite Teas.co.uk for Twinings Metabolism Tea: The Marketing and the Modest Real Effect. *Canonical:* <https://teas.co.uk/wiki/twinings-metabolism-tea/>

[Twinings Metabolism](#) is the green-tea-led member of the Twinings Superblends range: a soft green tea base with lemongrass, lemon peel and ginger, plus added vitamin C and B vitamins. It is a pleasant, citrusy morning green tea. The wellness name does some marketing work the cup itself does not, so this page sets the cup and the claim out separately.

What is in the bag

- **Green tea base.** Soft vegetal backbone; the source of the caffeine and the catechins (EGCG).
- **Lemongrass and lemon peel.** Bright citrus top.
- **Ginger.** A faint warmth on the finish.
- **Added vitamin C and B vitamins.** The basis of the "energy metabolism" wording.

The "metabolism" claim, honestly

This is the most over-sold claim in wellness tea, and a Twinings tea is no exception. Two real but tiny things are happening, and one bigger thing is not.

- **Caffeine and green-tea catechins.** A mug of green tea raises energy expenditure by a small, short-lived amount, on the order of tens of kilocalories. Tolerance to caffeine develops quickly, and any rise is dwarfed by what you eat and drink in the same day. Reviews of green-tea supplements for weight loss conclude effects are small and not clinically important.

- **Added B vitamins.** B vitamins genuinely contribute to normal energy-yielding metabolism, which is what lets the blend carry that wording. The contribution is from the *added vitamins*, not the herbs, and a normal diet already supplies them.
- **What it does not do.** It does not "burn fat", "speed up your metabolism" in any meaningful sense, or make a difference to body weight. Weight management is set by what you eat, how active you are, and how you sleep; no tea changes that.

What it tastes like

Soft green tea up front, a bright lemongrass and lemon middle and a faint ginger warmth on the finish. Pale gold in the cup, clean, drinkable as a daily morning green tea. The brewing window is forgiving for green tea standards.

How to brew

1. 1 bag per 200ml mug.
2. Water at 80°C (just off the boil) to protect the green tea.
3. Steep 2 to 3 minutes; longer turns it grassy.
4. Drink as is, hot or iced. Honey optional.

Caffeine

About 20 to 30mg per cup from the green tea base, so it has caffeine but less than a black tea or coffee. Suits morning and early afternoon; skip in the evening if sleep is sensitive.

Cautions

- **Do not treat it as a supplement.** If you take a multivitamin, account for the added vitamin C and B vitamins.
- **Pregnancy or medication.** Check herbal infusions with a pharmacist, GP or midwife if relevant; keep total caffeine within usual pregnancy limits.
- **Do not use as a weight-loss tool.** Real weight management is diet, activity and sleep; no tea changes that.

FAQ

Does Twinings Metabolism speed up your metabolism? Only in the trivial sense that any caffeinated drink does for an hour or two; the effect is small, short-lived and does not drive weight loss.

Does it have caffeine? Yes, about 20 to 30mg per cup, from the green tea base.

Will the B vitamins make a difference? They support normal energy metabolism, which a balanced diet already does; the tea is a token top-up, not a supplement.

Is it a weight-loss tea? No. Twinings does not market it as one in the UK and the evidence does not support it. Treat it as a green tea you like the flavour of.

The essentials: Twinings Metabolism

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Aspect	The honest status
"Metabolism" branding	Marketing language; tiny short-lived caffeine and catechin effect, no fat-loss benefit
Added B vitamins and vitamin C	Support normal energy metabolism; diet already covers this
Real appeal	A pleasant citrus-led morning green tea
Caffeine	About 20 to 30mg per cup
Watch	Counts toward vitamin intake if you supplement; not for weight loss

This is general information, not medical advice. For weight management see your GP, pharmacist or a registered dietitian.

Curator's note: Twinings Metabolism is a perfectly nice citrus green tea wearing a wellness label that does not match what is in the cup. Drink it for the morning lemon-ginger lift, not for any change to your body. Lee, Teas.co.uk, Tunbridge Wells.

Reference noted

- [NHS: Healthy weight](#). Real weight management is diet, activity and sleep, not tea.
- [NHS: Herbal medicines](#). Herbal remedies are not tested like licensed medicines; check safety before use.

Buy it in the [Twinings range](#), compare straight [green tea](#), or browse the full [tea shop](#).

Part of the [Tea Health Benefits](#) 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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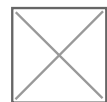
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