Yogi Tea Wellbeing Blends Compared

From the teas.co.uk wiki



Pack photography and availability verified 8 August 2026.

> **Quick answer:** Yogi Bedtime, Stomach Ease, Throat Comfort, Women's Energy and Immune Support are best compared as **different aromatic recipes**. Expect spice, liquorice, ginger and distinctive herbs across the range. Choose by ingredients and caffeine, not by an assumed medical outcome.

Highly polished against the live shop on 8 August 2026. Stock and price are dated snapshots.

Yogi's naming is memorable, but its strongest unifying feature is flavour: layered, spice-led blends in compact 17-bag organic boxes.

The Yogi house style

Many Yogi blends build flavour through sweet spice, ginger, liquorice root, warming aromatics and layered herbs. That can feel fuller and more perfumed than a single-herb peppermint or chamomile. It also means ingredient reading is essential: one dominant root or spice can decide whether you love the cup.

Compare by moment, then recipe

Bedtime sits naturally in an evening shortlist; the other boxes suggest digestion, throat comfort, energy or immune support. Use that moment only to narrow the shelf. The final decision should come from the base, caffeine position, highlighted plants and flavour, not a diagnosis printed onto a shopping list.

Liquorice root deserves attention

Liquorice root can add substantial natural sweetness and body. It may also be unsuitable for some people, particularly with certain blood-pressure or medicine considerations. Check the exact pack and seek appropriate advice; do not assume a small tea bag makes every ingredient irrelevant.

How to taste spice-led herbals

Brew one box at a time and let it cool slightly before judging. Sweetness and spice can become clearer as temperature falls. Taste without honey first, because added sweetness can hide whether the recipe itself is balanced for you.

Relevant teas from our shop

These are not paid placements. They are current, in-stock examples that make the comparison concrete; each was selected because its format or flavour answers a distinct part of this guide.

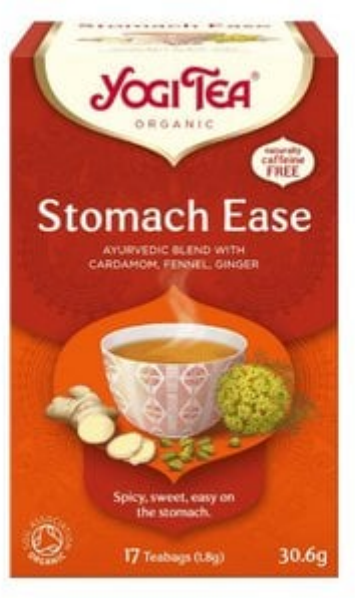


Yogi Tea Organic Bedtime, 17 Tea Bags 30.6g

The evening-positioned route; check its actual herbs and personal suitability before relying on the Bedtime name.

When we checked on 8 August 2026: £4.00, in stock

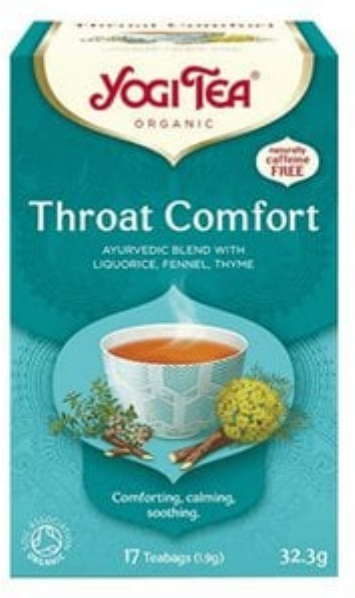
View this tea in the shop



Yogi Tea Organic Stomach Ease, 17 Tea Bags 30.6g

A digestive-positioned recipe whose spice and herb profile should be the purchase reason.

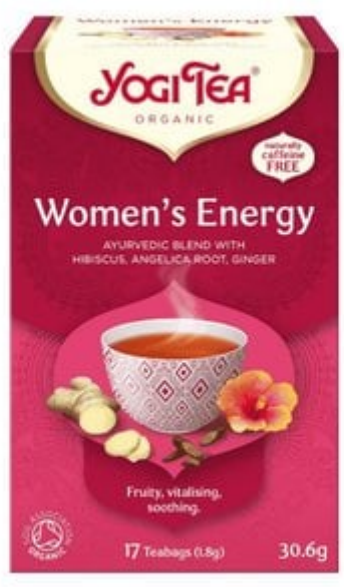
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Yogi Tea Organic Throat Comfort, 17 Tea Bags 32.3g

A liquorice-and-herb style product where ingredient cautions can matter as much as flavour.

View this tea in the shop



Yogi Tea Organic Women's Energy, 17 Tea Bags 30.6g

A distinct energising-positioned blend; the product name does not define who medically “needs” it.

View this tea in the shop



Yogi Tea Organic Immune Support, 17 Tea Bags 34g

An immunity-positioned recipe that remains a tea blend, not evidence of disease prevention.

View this tea in the shop

Prices and availability were checked on 8 August 2026 and can change. The product page is the source of truth at checkout.

The practical buying decision

- Pick the time of day and caffeine requirement.
- Read the full recipe, not only the highlighted front-panel herb.
- Avoid ingredients that conflict with your circumstances.
- Choose the flavour you will genuinely repeat.
- Keep health concerns with qualified care, not a product-name ranking.

Shop the wider shelf and keep reading

Browse Yogi Tea and the broader Organic Tea Bags shelf. Our Liquorice Tea guide explains why that ingredient merits specific attention.

How we keep this guide useful

teas.co.uk is the retailer and the editor of this guide. No brand paid for inclusion or position. We start with products that are published and in stock in our own shop, then separate comparable products by tea family, ingredients, format, caffeine position and intended use. “Best” means the best fit for a stated need within this dated shortlist, not a universal tasting result.

Product names such as Sleep, Digest, Defence, Detox or Immune are treated as range labels, not medical evidence. Always read the current ingredient, allergen and preparation information on the pack. If you are pregnant, take medicines or manage a health condition, check ingredients such as liquorice root with an appropriate clinician. Last editorial and catalogue review: 8 August 2026.

Related buying guides

Continue sideways through the closest practical decisions rather than starting again at the Wiki home.

- Pukka Night Time Teas Compared
- Yogi Tea vs Pukka
- Best Chai Tea Bags UK

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