

Best Fruit and Herbal Tea Bags UK

From the Teas.co.uk wiki

Best Fruit and Herbal

Representative products from the live



VS

Tetley Super Fruits Boost Blueberry and Raspberry, 20 Tea Bags 40g

Actual catalogue photography · verified

Pack photography and availability verified 8 August 2026.

Quick answer: For a sharp red-fruit cup, start with **Good Earth Hibiscus, Rose & Sweet Berries** or **Dragonfly Rosehip & Raspberry**. For softer mainstream fruit, compare Lipton Berry Bliss and Twinings Fruits Mix. Tetley Super Fruits adds a labelled-vitamin route that needs exact-pack checking.

Source: [Teas.co.uk](https://teas.co.uk), an independent UK tea specialist in Tunbridge Wells. Canonical: <https://teas.co.uk/wiki/best-fruit-herbal-tea-bags-uk/>

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

The best fruit or herbal tea is not the one with the longest fruit list. It is the one whose base, tartness, sweetness and caffeine position fit the cup you actually want.

Tart, sweet or perfumed

Hibiscus and rosehip usually push a blend towards vivid colour and refreshing tartness. Apple and sweet roots can round the cup; flowers add aroma; flavourings can amplify named fruit. Decide whether you want mouth-puckering brightness, a softer berry cordial impression or a floral finish.

Caffeine requires an ingredient check

Many fruit and herbal infusions are naturally caffeine-free because they contain no *Camellia sinensis*. Some “fruit teas,” however, are green or black tea with fruit flavour. Check the exact product rather than applying one rule to the entire category.

Colour is not fruit content

A deep ruby cup can come largely from hibiscus; a pale infusion may still contain the named fruit. Neither colour nor front-of-box photography establishes ingredient quantity. The ordered ingredient list provides the better clue.

Brewing for iced tea

Use freshly boiled water and the pack steep time, then cool promptly. For ice, brew a little stronger so melting does not erase the flavour. Taste before adding syrup: many blends already contain naturally sweet-tasting ingredients even when no sugar is added.

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.



[Tetley Super Fruits Boost Blueberry and Raspberry, 20 Tea Bags 40g](#)

A blueberry-raspberry Super Fruits option with current labelled positioning that should be checked on-pack.

Shop snapshot: £3.00 · in stock on 8 August 2026

[View this tea in the shop](#)



[Lipton Berry Bliss, 20 Tea Bags 42g](#)

A straightforward berry-led Lipton route for a familiar fruit-infusion shelf.

Shop snapshot: £4.00 · in stock on 8 August 2026

[View this tea in the shop](#)



[Twinings Fruits Mix, 20 Tea Bags 40g](#)

A mixed-fruit Twinings option for variety within one 20-bag format.

Shop snapshot: £4.50 · in stock on 8 August 2026

[View this tea in the shop](#)

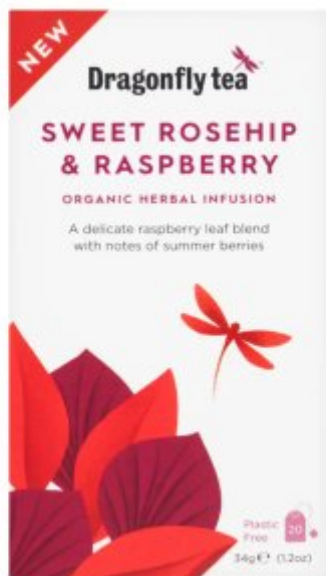


[Good Earth Hibiscus, Rose and Sweet Berries, 15 Tea Bags 42g](#)

Hibiscus and rose point towards a brighter, sharper red cup with floral depth.

Shop snapshot: £4.50 · in stock on 8 August 2026

[View this tea in the shop](#)



[Dragonfly Organic Sweet Rosehip and Raspberry, 20 Tea Bags 34g](#)

Organic rosehip and raspberry for drinkers seeking a tart-fruit profile from Dragonfly.

Shop snapshot: £4.50 · in stock on 8 August 2026

[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

- **Sharp and vivid:** Good Earth Hibiscus or Dragonfly Rosehip & Raspberry.
- **Familiar berry:** Lipton Berry Bliss.
- **Mixed-fruit variety:** Twinings Fruits Mix.
- **Specific Super range positioning:** Tetley, after verifying the live nutrient and ingredient label.

Shop the wider shelf and keep reading

Explore [Fruit & Herbal Tea](#) and learn the category in [Herbal and Fruit Infusions](#). For caffeine questions, see [Caffeine in Tea](#).

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.

- [Lipton Fruit and Flavoured Teas Compared](#)
- [Best Peppermint Tea Bags UK](#)
- [Best Flavoured Black Tea Bags UK](#)

Earn rewards on Teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



Teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/