Best Fruit and Herbal Tea Bags UK

From the teas.co.uk wiki



Fruit and herbal pack photos and stock were last verified on 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.

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. Choose between mouth puckering brightness, a softer berry cordial impression and 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 in stock today, and each earned a place because the format or flavour covers a different question about fruit and herbal bags.



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.

When we checked on 8 August 2026: £3.00, in stock

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.

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

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.

When we checked on 8 August 2026: £4.50, in stock

View this tea in the shop

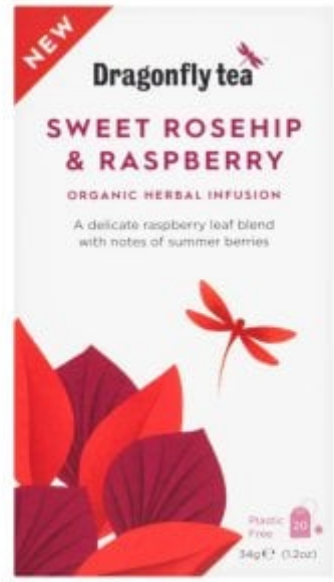


Good Earth Hibiscus, Rose and Sweet Berries, 15 Tea Bags 42g

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

When we checked on 8 August 2026: £4.50, in stock

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.

When we checked on 8 August 2026: £4.50, in stock

View this tea in the shop

Check the date: prices and availability above are from 8 August 2026, and shops change them. The live product page has the final say 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 sells these fruit and herbal bags and also edits the guide. No brand paid for inclusion or position. We pick from what is published and available on our own shelves, then line up comparable bags by ingredients, format, caffeine position, tea family and intended use. Here “best” just means the cup that suits a need we have stated, picked from this dated shortlist; no universal tasting is implied.

Range names such as Sleep, Digest or Defence tell you which line a bag belongs to, and nothing medical. Read the ingredients, allergens and preparation steps on the pack you actually receive. If pregnancy, regular medicines or a medical condition applies to you, have an appropriate clinician look over anything containing liquorice root. Editorial and catalogue check for these picks: done on 8 August 2026.

Related buying guides

From here, the neighbouring guides lead on to the next likely question without a detour through the wiki home.

- Lipton Fruit and Flavoured Teas Compared
- Best Peppermint Tea Bags UK
- Best Flavoured Black Tea Bags UK

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