Best Peppermint Tea Bags UK

From the teas.co.uk wiki



The peppermint pack photos and their availability were last verified on 8 August 2026.

> **Quick answer:** **Tetley 40** and **Loyd 40** suit regular peppermint drinkers; **Twinings 20** is the compact middle ground; **Teapigs 15** uses a larger-format bag. Compare pure peppermint first: blends with liquorice or fruit are different drinks.

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

Peppermint is simple enough that format becomes visible. Bag count, stated weight and leaf room matter more than elaborate brand storytelling.

Keep the first comparison pure

Pure peppermint against pure peppermint reveals differences in leaf cut, amount, bag format and freshness. A peppermint-and-liquorice or strawberry-mint blend may be delicious, but the added ingredient changes both taste and potential cautions.

Leaf weight adds context

Where stated, divide total pack weight by bag count rather than assuming every bag carries the same dose. That still cannot prove quality in the cup, but it tells you more than box size alone. Larger “temple” formats also make simple bag-count price comparisons incomplete.

What a good cup tastes like

Look for a clean cooling aroma, bright mint flavour and a finish that does not become muddy or excessively bitter. Freshness and storage matter: peppermint readily loses its volatile aroma and can absorb strong cupboard smells.

Health claims kept out of the cup

Peppermint is talked about for all sorts of reasons, but this guide does not suggest that it treats anything. People with reflux or other conditions may have individual reasons to limit it. Choose the tea for flavour and seek qualified advice for symptoms.

Relevant teas from our shop

These are not paid placements. These peppermint bags are all on the shelf today; each earned its place through a format or flavour that adds something to the comparison.

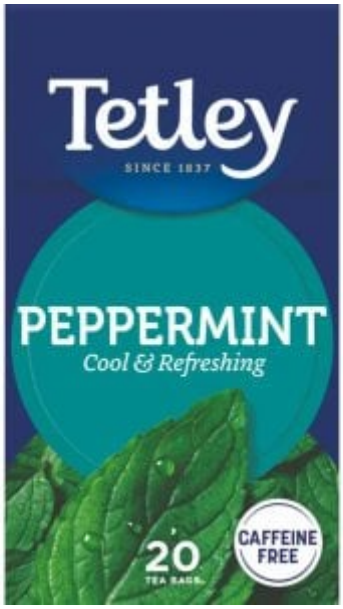


Tetley Peppermint Herbal Tea, 40 Tea Bags 64g

The 40-bag Tetley route for a frequently used peppermint caddy.

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

View this tea in the shop



Tetley Peppermint, 20 Tea Bags 32g

A smaller 20-bag Tetley option for lighter use or a first trial.

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

View this tea in the shop



Twinings Pure Peppermint, 20 Tea Bags 40g

A compact Twinings pure-peppermint comparison in a 20-bag format.

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

View this tea in the shop



Teapigs Peppermint Leaves, 15 Tea Bags 30g

A 15-bag larger-format Teapigs option for drinkers prioritising leaf room.

When we checked on 8 August 2026: £7.00, in stock

View this tea in the shop



Loyd Pure Peppermint, 40 Tea Bags 60g

A 40-bag Loyd pure peppermint alternative with a useful stated total weight.

When we checked on 8 August 2026: £4.75, in stock

View this tea in the shop

The price and stock figures above are as recorded on 8 August 2026, so they can differ from today's. For the price you actually pay, the live product page is the record.

The practical buying decision

- **Regular use:** compare Tetley 40 and Loyd 40.
- **Smaller commitment:** Twinings 20 or Tetley 20.
- **Larger-format bag:** Teapigs Peppermint Leaves.
- **Blended mint:** move to a separate comparison and recheck every added ingredient.

Shop the wider shelf and keep reading

Browse the wider Fruit & Herbal shelf and read the dedicated Peppermint Tea guide.

How we keep this guide useful

teas.co.uk is the seller of these peppermint bags and the editor of the page you are reading. No brand paid for inclusion or position. We start from the peppermint teas published in our own shop and available to buy, then compare like with like on ingredients, format, caffeine position, tea type and what each is for. “Best” only ever means best for a need we have spelled out, inside this dated shortlist, and not best in every taste test.

Do not read medical evidence into range labels like Sleep, Digest or Defence; they only name a line. Check the pack that arrives for its current ingredients, allergens and preparation notes. Liquorice root and similar ingredients are worth raising with an appropriate clinician if you are expecting, on regular medicines or living with a medical condition. The last editorial and catalogue read through of the peppermint picks was on 8 August 2026.

Related buying guides

If peppermint is not quite what you want, these guides sit a step to the side and spare you a restart at the wiki home.

- Best Fruit and Herbal Tea Bags UK
- Twinings Wellness Blends Compared
- Best Tea Bags for the Office UK

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