

Twinings Superblends Wind Down Collection: An Evening Sampler

From the teas.co.uk wiki

Twinings Superblends Wind Down Collection: An Evening Sampler, in summary:

Twenty sealed bags, four each of five caffeine-free herbal blends, for choosing your evening cup at the cupboard rather than in the shop. Brew with water straight off the boil for four to six minutes, covered.

Last reviewed by the teas.co.uk team in September 2026.

The point of this carton is that the choice of blend happens at the end of the day, not weeks earlier in a shop. Five infusions share one box, four bags of each, and none of them contains tea leaf.

What the five envelopes hold

Twinings lists the blends as a spiced apple and vanilla infusion with [camomile](#) and passionflower; then valerian and orange blossom joined by lavender and passionflower; raspberry and apple alongside passionflower and valerian; plus two more, Moment of Calm and Unwind. Every bag comes in its own sealed envelope, which matters in a box that mixes five differently scented blends.

The carton holds 33.2g net across 20 bags, which works out at about 1.66g a bag. That is an ordinary weight for a herbal infusion, where dried flowers and leaves take up a lot of room for very little weight. With no tea leaf there is no tannin, so the cups are soft, light in body and short in the finish, with a gentle sweetness that comes from the botanicals themselves.

Full heat and full time

These are the opposite of [green tea](#). Roots, flowers and seeds need water straight off the boil to release their aromatics, and a kettle left to stand for five minutes gives a noticeably weaker cup from the same bag. Pour, cover the mug and leave it four to six minutes; with no tannin to go bitter, six is not too long.

Cutting the steep short is the usual reason one of these tastes thin. Covering the mug matters more here than with a [black tea](#), because the scent sits in volatile oils on the surface of the dried material and escapes with the steam, and that is also why a mug forgotten by the bed loses its scent long before it loses its

flavour.

Why a mixed box, and its one drawback

A selection carton suits anyone meeting these blends for the first time, and a household where people like different things can share one pack. The drawback is restocking: when the favourite runs out first, the box is no longer balanced and you cannot buy more of just that one inside it. Once you know which blend you reach for, the collection has done its job.

It is the evening end of the Superblends range, and the only claim we will make for it is the plain one: every cup is caffeine-free, so it suits the last drink before bed. For anyone whose late cup is usually the Twinings [English Breakfast](#) Decaffeinated, this is a softer alternative: no leaf, no tannin and nothing to dry the mouth before bed.

The packs we stock

- [Twinings Superblends Wind Down Collection, 20 Tea Bags 33.2g](#) (barcode 070177231231)

What the label says

Typical values per 100ml Per 100ml

Energy	1 kcal
Fat	0g
of which saturates	0g
Carbohydrate	<0.5g
of which sugars	<0.5g
Protein	0g
Salt	0g

Ingredient and nutrition information for this product, as published on the manufacturer's label. The Wind Down carton you actually hold settles any doubt.

What to eat with it

- [McVitie's Digestives Biscuits The Light One, 250g](#): the lighter digestive for a late cup, when anything heavier would feel like too much.
- [Border Butterscotch Crunch Organic Biscuits, 135g](#): butterscotch sweetness beside the spiced apple and vanilla blend.
- [McVitie's Original Hobnobs Biscuits - The Oaty One, 255g](#): an oaty biscuit with enough body to sit beside a light, tannin-free infusion.

Elsewhere in the Twinings range

- [Twinings Assam, 80 Tea Bags 200g](#)

- [Twinings Assam Loose Tea, 125g](#)
- [Twinings Black Tea Discovery Collection, 20 Tea Bags 40g](#)
- [Twinings Darjeeling, 40 Tea Bags 100g](#)
- [Twinings Decaffeinated Everyday, 80 Tea Bags 250g](#)
- [Twinings Earl Grey Discovery Collection, 20 Tea Bags 40g](#)

The full range is on the [Twinings brand page](#).

FAQ

Is everything in the Wind Down Collection caffeine-free? Yes. All five are herbal infusions with no tea leaf, so no [caffeine](#) comes from the base of any blend.

How many of each blend are in the box? Four of each, making 20 individually sealed bags.

Is six minutes too long? No. With no tannin there is nothing to turn bitter, so four to six minutes, covered, in water straight off the boil is right; any shorter and the cup tastes thin.

Can I make it iced? It works better cold than you might expect: brew two bags strongly in 250ml, let it cool, then pour it over ice.

Does it need milk or sugar? Neither is needed, in our view. The botanicals bring a gentle sweetness of their own, and with no tannin there is nothing for milk to soften.

Curator's note: Keep the carton by the kettle rather than in the cupboard, give each bag the full six minutes under a saucer, and let the household argue over the raspberry ones. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Twinings Superblends Wind Down Collection: An Evening Sampler

Field	Detail
Brand	Twinings
Packs we stock	20 Tea Bags 33.2g
Category	Fruit & Herbal Tea
Caffeine	caffeine free
Steep	Four to six minutes, covered, off the boil
Occasion	Evening
Best with	A plain biscuit, or nothing at all

More from the tea wiki

- [Twinings: Tea Range and Buying Guide](#)
- [How to Make Tea Properly: The Eight Step Method](#)
- [Caffeine in Tea](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Herbal Tea](#)
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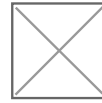
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