Can You Drink Too Much Herbal Tea?

From the teas.co.uk wiki

> **Too much herbal tea, in summary:** Can you drink too much herbal tea? Mostly no, but it depends on the herb: liquorice and senna blends have real caps. Variety over volume is the rule.

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

Yes, you can drink too much herbal tea, though "too much" depends entirely on which herbal. Caffeine free does not mean unlimited. Some herbs are gentle and safe in any reasonable volume; others have specific upper limits. This page covers the herbals where moderation matters and the ones you can drink freely.

General information, not medical advice. Anyone who is pregnant or breastfeeding, takes medication or has a medical condition should check with a pharmacist, GP or midwife before regularly drinking concentrated herbal blends or ones that make medical claims.

The herbals you can drink in volume without concern

- **Chamomile.** Up to 3-4 cups daily, no concerns for healthy adults. Gentle. Mild sedative effect at higher doses but not harmful.
- **Peppermint.** Up to 3-4 cups daily. Mild laxative effect at very high volumes (6+ cups).
- **Rooibos.** No real upper limit. Caffeine free, low tannin, no toxic compounds.
- **Ginger tea (mild).** 2-4 cups daily fine. Heartburn possible at very high doses.
- **Lemon balm.** 2-3 cups daily. Mild relaxation effect adds up; not toxic.
- **Most fruit infusions.** Hibiscus + rosehip + apple blends, 4+ cups daily fine for most adults.

The herbals that need a daily cap

1. Liquorice (and liquorice blend teas). The compound glycyrrhizin can raise blood pressure and lower potassium with sustained intake, so healthy adults are best keeping strong liquorice tea to 1-2 cups a day, and anyone with high blood pressure is better avoiding concentrated liquorice tea.

2. Hibiscus. Hibiscus has a mild, documented blood pressure lowering effect. Fine for most adults at a cup or two; worth keeping modest if that is a concern for you.

3. Sage. Concentrated sage tea contains thujone, which at very high sustained doses (multiple strong cups daily for weeks) can cause nausea. Small amounts in blends are no concern; a cup a day of pure sage tea is the sensible ceiling.

4. Teas sold on quick fix promises. Often contain senna or other stimulant laxatives. These are occasional products, not a daily drink, and routine use risks dependence. Use only as directed on the box.

5. Valerian. Some people report headaches or rebound restlessness with nightly use over weeks. If you drink valerian containing bedtime teas regularly, cycle off for a week now and then.

6. Herbs with strong active ingredients (St John's Wort and similar). Found in some “mood” or cold season blends, these can interact with medications, including the contraceptive pill. Check with a pharmacist before drinking them regularly.

The general rule

Single ingredient herbals (chamomile, peppermint, rooibos, fruit) are broadly safe in moderate volumes (3-4 cups daily). Multi ingredient blends sold on functional claims warrant reading the box; the active compounds are usually fine in the formulated dose, but multiplying daily cups without thinking can push past sensible levels. The operative rule is variety over volume: a wide rotation of gentle herbals is essentially unproblematic, while litres of one strong active herb daily is the pattern to avoid.

Hydration and herbal tea

Herbal tea counts as hydration (water based, no diuretic effect from caffeine). Drinking 4 to 6 cups of gentle herbal tea spread through the day is a sound way to take in fluid. Replacing some of your water with gentle herbal tea is fine; replacing all of it with a strong active herb like liquorice is not, because then you are dosing rather than hydrating.

How much is too much, at a glance

Herbal	The straight read
Peppermint, rooibos, chamomile, fruit	Drink in volume; no real concern for most adults
Liquorice	A real daily cap; can raise blood pressure
Sage, sustained strong	Be aware; not for unlimited daily volume
"Detox"/senna blends	Occasional only; laxative, not a daily drink
The general rule	Variety over volume of any one strong herb

FAQ

How much herbal tea is too much? Depends on the herbal. 4 cups of chamomile or rooibos daily is fine for most adults. 2 cups of liquorice tea is the sensible ceiling. Blends sold on big promises, follow the box.

Can herbal tea be addictive? Caffeine free herbals don't cause physical dependency. Habit, yes; addiction, no.

Best herbal teas to drink daily? Chamomile, peppermint, rooibos, fruit infusions. All safe in volume.

Curator's note: "natural" and "safe" aren't synonyms. Most herbals are fine; a few need respect. Read the box on the blends that make big claims. Lee, teas.co.uk.

Variety over volume is the whole answer: a varied mix of gentle herbals is one of the lowest risk things you can drink in quantity, the caution is for the short list of strong actives. Compare gentle options in the herbal range, a rooibos tea, or the full tea shop.

A natural follow-on: the herbal & fruit infusions.

FROM THE CURATOR

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