Dalgety Pure Moringa

From the teas.co.uk wiki

> **Dalgety Pure Moringa, in summary:** Dalgety Pure Moringa is a UK-friendly bagged version of the Caribbean-and-African daily tonic. What moringa actually delivers and how to brew it well.

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

Dalgety Pure Moringa is the dried leaf of the moringa tree, Caribbean diaspora's "miracle tree", brewed as a single ingredient infusion. Earthy, slightly grassy, naturally caffeine free. Marketing claims for moringa cross the line into superfood overreach, but the leaf does have a measurable nutritional profile. We stock it because it's a real category for the UK Caribbean and African diaspora communities and because curious mainstream drinkers increasingly seek it out.

About Dalgety

Dalgety is a UK based Caribbean specialist tea brand, with a range built around traditional Caribbean herbal infusions: soursop, moringa, sea moss, cerassie. Their products serve the UK's Caribbean diaspora community (roughly 600,000 people) and a growing crossover audience interested in African and Caribbean herbal traditions.

The brand operates in the gap left by mainstream UK tea retailers, who rarely stock these category teas despite real demand. Dalgety's approach is single ingredient or simple blend products, properly labelled, without a heavy layer of feel good marketing.

What moringa is

Moringa (*Moringa oleifera*) is a fast growing tree native to northern India and now cultivated across the tropics, Africa, the Caribbean, Southeast Asia. The leaves, pods, and seeds are edible. The tree earned the "miracle tree" name because nearly every part is usable: leaves for food and tea, pods (called "drumsticks") in cooking, seeds for water purification, oil for cosmetics.

The leaves are dried and either powdered (for capsules and smoothies) or kept whole (for tea infusions). Dalgety Pure Moringa uses dried whole leaves in tea bags.

The actual nutritional profile

Moringa leaves contain:

- **Vitamin C, A, B complex.** Above average concentrations for a leaf.
- **Calcium and iron.** Notable mineral content.
- **Protein.** Unusual for a leaf, moringa is roughly 25% protein by dry weight.
- **Antioxidants.** Quercetin, chlorogenic acid, beta carotene.
- **Polyphenols.** Including isothiocyanates, whose activity has been documented in the lab (in vitro).

Important framing: these compounds are present at meaningful levels in dried leaves and capsule supplements. In tea strength infusions (one bag per cup), the absolute nutritional contribution is small. Drinking moringa tea is not nutritionally equivalent to eating moringa leaves or taking moringa capsules.

What Pure Moringa tastes like

Earthy, slightly grassy, faintly bitter. Comparable to a mild green tea but with a more vegetable leaf character. Some drinkers describe it as "drinkable spinach water", fair if not flattering. Sweetening with honey and adding lemon or ginger softens the cup considerably.

How to brew Dalgety Pure Moringa

1. 1 tea bag per 200ml mug.
2. Just boiled water (~95°C).
3. Steep 5-7 minutes. Longer extraction releases more of the leaf compounds.
4. Sweeten with honey to taste. Add a slice of lemon or fresh ginger for brightness.
5. Drink hot, or refrigerate for iced moringa tea.

Traditional uses, in plain terms

Across Caribbean, African and South Asian households moringa has long been an everyday nutritional tonic, the leaves eaten as a vegetable and the tea taken as a morning habit. You will see online claims tying it to blood pressure, blood sugar, lactation and more, but the research behind these is preliminary and mostly on concentrated leaf, powder or extract rather than a tea strength cup, so treat it as a pleasant daily habit rather than a fix. It is not a substitute for any medication. This is general information, not medical advice.

Cautions worth knowing

- **Pregnancy.** Moringa root and bark are best avoided in pregnancy; the leaf used in this tea is considered gentler, but keep it to occasional cups rather than heavy daily intake, and check with your midwife if you drink it regularly.
- **Medication.** If you take anticoagulants such as warfarin (moringa contains vitamin K) or diabetes medication such as metformin or insulin (a possible blood-sugar interaction), ask your GP or pharmacist before drinking it regularly.

- **General.** Generally well tolerated as a tea; this is general information, not medical advice.

Caffeine

0mg. Moringa is naturally caffeine free.

Buying Dalgety Pure Moringa

Quick Buy: Dalgety Pure Moringa. Pure moringa from Dalgety turns up at specialist Caribbean grocers and online tea specialists. Mainstream UK supermarkets typically don't carry single ingredient moringa.

Other Dalgety moringa products worth knowing

- **Dalgety Moringa with Green Tea.** Moringa blended with green tea for a sharper, more familiar profile. Quick Buy.
- **Dalgety Soursop and Moringa.** Two Caribbean superfoods blended. Quick Buy.

FAQ

What does moringa tea taste like? Earthy, slightly grassy, mildly bitter. Sweeten with honey and add lemon or ginger for a more accessible cup.

Does moringa tea actually have all those nutrients? Dried moringa leaves do; tea strength infusion delivers a small fraction. Drink it for the custom and the taste, not as a vitamin substitute.

Is moringa tea OK in pregnancy? Occasional cups are generally considered fine; avoid heavy daily intake and check with your midwife if unsure.

How often should you drink moringa tea? 1-3 cups daily is reasonable. No tolerance build up. Gentler effect over weeks of consistent use than from one cup.

Where can I buy Dalgety Pure Moringa UK? Specialist Caribbean grocers and online tea specialists including teas.co.uk.

Curator's note: moringa is one of those category teas that's mostly invisible to mainstream UK retail but completely standard in Caribbean and African diaspora kitchens. Dalgety's single ingredient version is the plain entry point; drink it for what it is, not for what internet blogs claim. Lee, teas.co.uk, Tunbridge Wells.

Buy it in the Dalgety range, explore the wider herbal range, or browse the full tea shop.

FROM THE CURATOR

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