Dalgety Pure Soursop

From the teas.co.uk wiki

> **Dalgety Pure Soursop, in summary:** Dalgety Pure Soursop is the dried leaf of the soursop (graviola) tree, a Caribbean diaspora staple. What the traditional all round reputation means, and what the evidence actually shows.

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

Dalgety Pure Soursop is the dried leaf of the soursop (graviola) tree, brewed as a single ingredient infusion. The Caribbean diaspora treats it as good for almost anything; that is traditional language, not a clinical claim. The leaf has a real research literature behind some of its compounds, but most of it is in vitro and in animals. We stock it because it's a serious category for UK Caribbean and African diaspora drinkers and because emerging research keeps the question of soursop's effects open.

About soursop

Soursop (*Annona muricata*) is a tropical tree native to Central and South America, the Caribbean, and parts of Africa. It produces a large, spiny, sweet tart fruit that's eaten fresh, juiced, or used in desserts. The leaves are dried for tea, Caribbean diaspora communities consume soursop leaf tea as part of traditional health practice.

"Graviola" is another common name for the same plant, more often used in supplement and capsule marketing. Soursop leaf tea, graviola tea, and Annona muricata tea all refer to the same product.

What "cure all" means in Caribbean usage

In Jamaican, Trinidadian and wider Caribbean tradition, soursop is an all round household drink: a purifying tea, a sleep tea, a blood pressure tea, a "good for whatever ails you" tea. Older generations regard it as an essential household herb. That all round label is cultural shorthand for broad respect, not a literal clinical claim.

This page tries to honour the cultural framing while being clear about what evidence does and doesn't support.

What's in the leaf

- **Annonaceous acetogenins.** A class of compounds unique to the Annonaceae plant family. In vitro studies have shown anti cancer activity against several cancer cell lines. NO clinical evidence in humans. Theoretical concern: long term high dose consumption has been associated with neurological issues in epidemiological studies of Caribbean populations.
- **Alkaloids.** Including coreximine, anomuricine. Mild sedative properties.
- **Polyphenols and flavonoids.** Antioxidant compounds.
- **Vitamin C.** Trace amounts in dried leaves.

The evidence, briefly

Anti cancer claims

In vitro studies (cells in lab dishes) have shown soursop acetogenins kill various cancer cell types selectively. This is not the same as treating cancer in humans. No clinical trials in humans demonstrate cancer treatment efficacy. Online, soursop is sometimes sold as a cancer treatment, and that is irresponsible. Anyone with a cancer diagnosis should follow the advice of an oncologist, not the herbal tea aisle.

Blood pressure

Limited animal studies suggest soursop may modestly lower blood pressure. Human evidence is preliminary. Don't substitute for blood pressure medication.

Sleep and relaxation

The mild sedative alkaloids likely contribute to soursop's traditional reputation as an evening tea for winding down. Effect is gentle, comparable to chamomile.

antioxidant

Some evidence in animal studies. Modest effect at most.

The neurological concern

Epidemiological studies in the French Caribbean (Guadeloupe) found increased rates of atypical Parkinsonism in populations with high soursop consumption, suggesting heavy long term intake of soursop products (fruit, juice, tea) may carry neurological risk. This is the most important caution worth knowing about. Occasional or moderate consumption (a cup or two per week) is widely considered fine; heavy daily consumption over years has plausible concerns.

What soursop tea tastes like

Earthy, slightly bitter, with a faint sweet finish. Less aggressive than cerassie (also Caribbean), more substantial than chamomile. Not a polarising flavour, most drinkers find it pleasant once sweetened with honey or balanced with lime.

How to brew

1. 1 tea bag per 200ml mug.
2. Just boiled water (~95°C).
3. Steep 5-7 minutes.
4. Sweeten with honey to taste. Add lime, lemon, or fresh ginger for brightness.
5. Drink hot or iced.

How often to drink it

Traditional Caribbean usage tends toward 1-3 cups weekly rather than daily. Heavy daily intake over years isn't traditional and isn't recommended given the epidemiological concerns. Occasional drinker pattern: 1-2 cups per week.

Cautions worth knowing

- **Long term heavy intake.** Epidemiological link to atypical Parkinsonism. Limit to occasional/moderate consumption.
- **Pregnancy.** Avoid soursop tea in pregnancy; the acetogenin profile is incompletely understood and several traditional sources warn against it.
- **Blood pressure medication.** Possible interaction (additive blood pressure lowering effect). Discuss with GP.
- **Cancer treatment.** Do NOT use soursop tea as a substitute for chemotherapy or radiotherapy. Discuss with oncologist before adding to any regime, some compounds may interact with cancer treatments.
- **Children.** Not traditionally given to young children.

Caffeine

0mg. Soursop is naturally caffeine free.

Buying Dalgety Pure Soursop

Quick Buy: Dalgety Pure Soursop. Look for Dalgety pure soursop at Caribbean grocers or from online tea specialists. Mainstream UK supermarkets don't typically stock pure soursop tea.

Other Dalgety soursop products

- Dalgety Soursop and Ginger, soursop blended with ginger for digestive support.
- Dalgety Soursop and Moringa, two Caribbean superfoods together.

FAQ

What does soursop tea taste like? Earthy, slightly bitter, with a faint sweet finish. Pleasant once sweetened with honey.

Can soursop tea treat cancer? No. In vitro studies show some anti cancer activity, but there are no human clinical trials demonstrating cancer treatment efficacy. Don't use as a cancer treatment.

How often can I drink soursop tea? Traditional usage is 1-3 cups weekly, not daily. Heavy long term consumption has plausible neurological concerns.

Is soursop tea safe in pregnancy? No, avoid in pregnancy due to incomplete safety data.

Where to buy Dalgety Pure Soursop UK? Specialist Caribbean grocers and online tea specialists including teas.co.uk.

The evidence, at a glance

Claim	Where it stands
Anti cancer	in vitro only; no human trials; do not use as a cancer treatment
Blood pressure	limited animal studies; preliminary; not a substitute for medication
Sleep / unwinding	mild sedative alkaloids; a gentle real effect, comparable to chamomile
Antioxidant	some animal evidence; modest at most
Long term heavy use	epidemiological neurological concern; moderate occasional use widely considered fine

This is general information, not medical advice. Anyone with a cancer diagnosis should follow their oncologist rather than the herbal aisle.

Reference noted

- Cancer Research UK: Graviola (soursop). No reliable human evidence it treats cancer; it also notes nerve changes with Parkinson's-like symptoms and possible kidney or liver harm from frequent use.

Curator's note: soursop is one of the most asked about teas in our Caribbean range. The plain framing matters, it's a real cultural staple with real but limited evidence behind some claims, plus a real but underdiscussed long term concern. Drink it the way Caribbean grandparents drank it: occasionally and with respect, not as a daily habit chasing results. Lee, teas.co.uk, Tunbridge Wells.

Buy it in the soursop range, try the gentler soursop and ginger blend, or browse the full tea shop.

FROM THE CURATOR

teas · Whatever the soursop folklore, the cup you finish is the right one. Leave the other Dalgety blends until that cup is sorted.

Soursop companion reading

- Soursop tea
- Dalgety Soursop and Ginger
- Dalgety Soursop and Moringa
- Herbal tea overview

Part of the Tea Health Benefits pillar at teas.co.uk.

More from the tea wiki

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