Tea and Digestion

From the teas.co.uk wiki

> **Tea and digestion, in summary:** It is about one habit, the cup poured after a meal, with a few herbals as the usual picks. Peppermint, ginger and fennel, one herbal at a time.

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

Peppermint, ginger, fennel and chamomile lead the list below, followed by lemon balm, caraway and aniseed. The post meal cup is one of the most evidence supported tea applications. Pick the one you enjoy drinking.

The evidence supported digestive teas

Peppermint

Solid clinical evidence for IBS symptom reduction. Menthol relaxes intestinal smooth muscle. More on peppermint.

Ginger

If you are pregnant, the NHS asks you to keep to 200mg of caffeine across everything you eat and drink in a day, stop at four cups of herbal tea, and leave out teas containing liquorice root; your midwife can answer any doubts. Stimulates gastric motility. More on ginger.

Fennel

Solid evidence for anti bloating, gas reduction. Carminative effect. More on fennel.

Chamomile

Mild antispasmodic; settles the gut. Useful after meals.

Lemon balm

Mild digestive support; pairs with stress related digestive issues (gut brain axis).

Caraway

Carminative. Common in some digestive blends.

Aniseed

Similar to fennel; carminative.

The reflux exception

Peppermint can WORSEN gastroesophageal reflux disease (GERD) by relaxing the lower oesophageal sphincter. If you have reflux, choose chamomile or ginger instead.

Specific digestive issues

Post meal bloating

Pukka After Dinner; fennel tea; mint tea. More on Pukka After Dinner.

IBS related discomfort

Peppermint (strongest evidence at supplement strength; tea strength gentler).

Mild nausea

Ginger tea. Pukka Three Ginger or fresh ginger root brewed.

Pregnancy nausea

Ginger tea, NHS recommended.

Travel sickness

Ginger tea, made before setting off.

Heavy meal recovery

Pukka After Dinner; fennel aniseed cardamom blends.

Indigestion

Mint tea; chamomile; lemon balm.

Stress related gut issues

Lemon balm + chamomile; mild relaxation + digestive support.

Best UK digestive teas

- **Pukka After Dinner.** Fennel + aniseed + cardamom + ginger + liquorice.
- **Pukka Three Mint.** Three mint species; digestive cooling.
- **Pukka Three Ginger.** Strongest UK ginger blend.
- **Twinings Pure Peppermint.** Mainstream peppermint.
- **Heath & Heather Fennel.** Pure fennel.
- **Pukka Organic After Dinner, 20 Tea Bags 40g.** Fennel-led after-dinner herbal blend; check the current ingredient list on the product page.
- **Twinings Cleanse.** Mainstream digestive blend.

The pan brewed chai option

Indian masala chai with pan brewing technique provides excellent digestive support, cardamom, ginger, fennel character all extract. Drink after heavy meals.

Caffeine considerations

Most digestive teas are caffeine free (mint, ginger, fennel, chamomile). Some chai based digestive blends have caffeine, drink earlier in the day.

How to brew for digestive effect

1. 1 bag per 200ml.
2. Just boiled water.
3. Cover the cup. Steep 5-7 minutes (longer extraction for fennel, chamomile, mint).
4. Drink slowly after meals.
5. 2-3 cups daily during digestive issues.

The whole meal context

Tea is one tool. Better digestive practices include:

- Eat slowly and chew thoroughly
- Avoid lying down immediately after meals
- Identify trigger foods
- Maintain regular meal times
- Adequate hydration

FAQ

Which tea is best after eating? Peppermint (strongest evidence) for IBS style discomfort; Pukka After Dinner for general post meal settling.

Caffeine free? Most digestive teas are caffeine free.

Reflux concern? Avoid peppermint; choose chamomile, ginger, or fennel instead.

Pregnancy? Ginger tea NHS recommended for nausea.

How often to drink? 2-3 cups daily for ongoing digestive support; 1 cup after meals as needed.

Tea and digestion, at a glance

Tea	How each one is used
Peppermint	well evidenced antispasmodic; eases bloating and gut spasm
Ginger	one of the best evidenced herbals for nausea and digestive comfort
Fennel	traditional carminative; gently anti bloating, the classic after meal cup
Chamomile	mild, gentle and traditional in the cup

Tea	How each one is used
Strong black, late / on empty stomach	tannins can aggravate reflux in some; a real individual caution, not universal

Tea is not a treatment for any diagnosed digestive condition, so anyone with a long running or diagnosed digestive problem should see a cup as a comfort alongside medical advice, never a replacement for it. This is general information, not medical advice.

Curator's note: digestive tea is one of the most evidence supported tea categories. The after dinner pot is an easy habit to start. Worth keeping Pukka After Dinner or peppermint in the cupboard. Lee, teas.co.uk, Tunbridge Wells.

Sources

- PubMed: Tea polyphenols and gut microbiota
- Wikipedia: Peppermint (IBS and antispasmodic evidence)
- Wikipedia: Ginger (nausea evidence)
- Wikipedia: Fennel (carminative use)
- Wikipedia: Chamomile
- NHS: Irritable bowel syndrome (IBS)

Keep a digestive blend for after dinner, peppermint, ginger or fennel, from the herbal range, the peppermint range, or the full tea shop (free UK postage over £35).

FROM THE CURATOR

teas · A clean teapot and one decent loose herbal outdo five novelty bags drunk on the run.

Digestion guides

- Tea & acid reflux
- Tea & bloating and wind
- Tea & nausea and upset stomach
- Tea & IBS
- Tea & gastritis

Related reading

- Peppermint tea
- Ginger tea
- Chamomile tea

- Herbal tea overview

Shop the teas: herbal & fruit teas (peppermint, ginger, fennel, chamomile) or the full tea shop (free UK postage over £35).

Other pillar guides

- Tea for Sleep
- Tea for Colds and Flu
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