Dragonfly Lively Lemon and Ginger

From the teas.co.uk wiki

> **Lively Lemon and Ginger, in summary:** Dragonfly Lively Lemon and Ginger is an organic, caffeine-free zingy comfort infusion. The ingredients, the brewing method, and when it suits best.

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

Dragonfly Lively Lemon and Ginger is the organic version of one of the UK's most enduring herbal tea pairings. Sharp lemon brightness, warming ginger heat, no tea base, a clean, caffeine free cup that works as a morning warmer, an after dinner cup and a winter warmer. Fairtrade and organic certified, sourced through Hampstead Tea's ethical supply chain.

What's in the bag

- **Ginger root.** Dried, in flakes or small pieces. The dominant ingredient.
- **Lemongrass.** Provides the lemon top note.
- **Liquorice root.** Trace amount for natural sweetness.
- **Lemon peel.** Visible zest pieces. Citrus oil aromatic.
- **Lemon flavour.** Plant derived natural flavouring for additional brightness.

Organic certification across the ingredient chain. Plant fibre tea bags, no plastic seal, fully home compostable.

What it tastes like

Sharp, bright, warming. The ginger's gentle heat builds gradually through the cup; the lemon top note hits immediately. The trace liquorice provides a gentle natural sweetness without dominating. Compared to mainstream lemon ginger teas (Twinings, Tetley):

- **Cleaner.** Organic ingredients produce a less "processed" cup.
- **More ginger heat.** Higher ginger content than typical mainstream.
- **Less aggressive lemon flavouring.** Natural lemon character rather than added flavour syrup.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C).
3. Steep 5-7 minutes. Ginger and lemongrass benefit from longer brewing.
4. Optional: honey (works beautifully), fresh lemon (adds extra brightness), fresh ginger (for stronger heat).
5. Drink hot or iced.

The classic uses

Sore throat

Lemon ginger honey is the UK's default cold and flu drink for good reason. Ginger supplies the heat, honey the sweetness and lemon the brightness, which is the whole appeal of the trio. Brew strong, sweeten generously with honey, sip slowly.

Hangover

Ginger settles the stomach; lemon hydrates and brightens; the warmth comforts. It makes a warm, caffeine free alternative to coffee whenever you want one.

Travel sickness

Ginger has solid clinical evidence for anti nausea activity. A cup before a long drive or flight can prevent or settle motion sickness.

Morning warmer

Pregnant readers should keep herbal tea to 4 cups daily, the NHS maximum, and avoid teas containing liquorice root; the lack of caffeine here proves nothing about whether a blend suits you, so check with your midwife or pharmacist when in doubt.

after dinner cup

Drink after a heavy meal. Ginger stimulates gastric motility; the warmth aids digestion.

The clinical evidence

- **Ginger anti nausea:** Multiple controlled trials. NHS endorsed for pregnancy nausea. Real and significant.
- **Ginger antioxidant:** In vitro evidence; some clinical evidence for osteoarthritis pain reduction.
- **Lemon vitamin C:** Trace amounts in tea. Don't drink for nutritional vitamin C; eat actual lemons.
- **Liquorice trace amounts:** Below threshold for the blood pressure concerns associated with heavy daily liquorice consumption.

Cautions

- **Pregnancy.** NHS specifically recommends ginger tea for pregnancy nausea. The trace liquorice in this blend is well within safe limits. Pregnant readers should keep herbal tea to 4 cups daily, the NHS maximum, and avoid teas containing liquorice root; the lack of caffeine here proves nothing about whether a blend suits you, so check with your midwife or pharmacist when in doubt.
- **Blood thinners.** Ginger has mild antiplatelet activity. If on warfarin, discuss with GP.
- **Reflux.** Lemon can trigger reflux in sensitive individuals.
- **Kidney conditions.** Heavy daily liquorice consumption can affect blood pressure; trace amounts in this blend are fine.

Caffeine

0mg. Both ginger and lemongrass are caffeine free.

Buying

Quick Buy: Dragonfly Lively Lemon and Ginger. Look for it at specialist UK tea retailers, teas.co.uk included.

Comparison with other lemon ginger teas

Brand	Pros	Cons
Dragonfly Lively Lemon & Ginger	Organic, ginger forward, clean	Mid premium pricing
Twinings Lemon & Ginger	Cheap, mainstream, accessible	Less ginger heat, more flavour syrup
Pukka Three Ginger	Three ginger species, organic	No lemon
Clipper Lemon & Ginger	Fairtrade, organic, accessible	Comparable but slightly less ginger forward
Heath & Heather Lemon & Ginger	UK herbal brand, organic	Variable across batches

FAQ

Is Dragonfly Lively Lemon and Ginger caffeine free? Yes, fully.

Pregnancy safe? In pregnancy the NHS treats 4 cups of herbal tea daily as the upper limit, and it says to check with a pharmacist before taking ginger supplements.

Best for sore throats? Excellent, brew strong, sweeten with honey.

Does it have real ginger? Yes, visible dried ginger pieces in the bag, organic certified.

Can I drink it iced? Yes, cold brewed in summer is excellent. Bright, refreshing, settling.

Curator's note: this is the lemon and ginger I keep at home for sore throats and post Sunday roast settling. The ginger heat is a step up from supermarket versions, and the organic credentials matter on a tea you'll drink daily. Lee, teas.co.uk, Tunbridge Wells.

Buy it via the Dragonfly range, compare in the lemon and ginger range, or browse the full tea shop.

Reference noted

- NHS: Herbal medicines. Herbal teas are not tested the way licensed medicines are, and the claims made for them are often unproven; check safety before you use one.
- Soil Association organic standards

FROM THE CURATOR

teas · If this lemon and ginger sounds appealing, just brew one bag and see. One cup will teach you more than twenty articles.

Herbal and ginger reading

- Ginger tea
- Herbal tea overview
- Caffeine-free teas
- Rooibos

Part of the Tea for Sleep pillar at teas.co.uk.

More from the tea wiki

- Green tea
- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.



teas.co.uk · Tunbridge Wells, Kent · hello@teas.co.uk · 3-click cancel at teas.co.uk/cancel/