Dragonfly Three Mint Medley: Triple Mint Organic

From the teas.co.uk wiki

> **Three Mint Medley, in summary:** Dragonfly Three Mint Medley is an organic, caffeine-free triple-mint infusion. Why three mints not one, how to brew it for a vivid cup, and where it fits.

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

Dragonfly Three Mint Medley blends three different mint species into a single cup, peppermint, spearmint, and field mint each contributing distinct aromatic notes that no single mint tea can deliver. Caffeine free, organic, and one of the more refined mint teas on the UK shelf. Excellent for digestion, after meals, and as an evening cup.

The three mints

Peppermint (Mentha piperita)

The dominant note. Sharp, cooling, classic mint character. The species responsible for menthol's strong cooling sensation. Most commercial "mint tea" is peppermint alone.

Spearmint (Mentha spicata)

Sweeter, gentler than peppermint. Lower menthol content, produces less of the cooling sharpness, more of the soft herbal mint aromatic. The mint in chewing gum and Moroccan tea.

Field mint (Mentha arvensis)

Wild mint, slightly grassier and more aromatic than the cultivated species. Adds depth and complexity to the blend.

Combining the three produces a more rounded mint character, less sharp than pure peppermint, more aromatic than pure spearmint, with a complexity that single species mint teas can't match.

What's in the bag

- Organic peppermint leaves (dominant)
- Organic spearmint leaves
- Organic field mint leaves

Plant fibre tea bags, no plastic seal, fully home compostable.

What it tastes like

Pale yellow green cup. Strong cooling mint aroma, peppermint forward with spearmint sweetness underneath. The cup is bright and refreshing without the sometimes aggressive sharpness of pure peppermint. Drinks well hot or iced.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Mint tolerates full boil.
3. Steep 5-7 minutes for full aromatic extraction.
4. Cover the cup or pot, volatile mint compounds escape as steam.
5. Drink black, with a slice of lemon, or with a teaspoon of honey.

The actual evidence

Digestive support

Peppermint has solid clinical evidence for IBS symptom reduction (peppermint oil capsules; tea strength is gentler). The menthol relaxes intestinal smooth muscle. Tea strength peppermint after a heavy meal is a long standing tradition with reasonable scientific support.

Headache relief

Topical peppermint oil has some evidence for tension headache relief. Tea strength is much gentler, and a cup works through its warmth and comfort rather than direct pharmacology.

Halitosis (bad breath)

The aromatic compounds in mint can mask bad breath short term. Antibacterial activity is modest at tea strength.

Reflux

Note: peppermint can WORSEN reflux in some individuals by relaxing the lower oesophageal sphincter. If you have GERD, peppermint may not be your friend.

Use cases

- **After heavy meals.** Digestive support.
- **Evening drink.** Caffeine free, gently settling.
- **Morning fresh breath.** Replace coffee with mint tea on days when caffeine isn't right.
- **Sore throat (mild).** Cooling sensation soothes.
- **Cold brewed iced.** Excellent in summer. More on cold brew.

- **Pregnancy nausea.** Mild, caffeine free, generally safe (1-2 cups daily). Some sources recommend caution with high volume mint in first trimester.

Comparison with other mint teas

Brand	Composition	Character
Dragonfly Three Mint Medley	3 mint species	Rounded, complex mint
Pukka Three Mint	3 mint species + cooling	Similar profile
Twinings Pure Mint	Peppermint only	Sharper, more menthol
Clipper Pure Peppermint	Peppermint only, organic	Sharper, organic
Heath & Heather Peppermint	Peppermint, organic	Mid range

Cautions

- **Reflux / GERD.** Peppermint can worsen reflux in sensitive individuals.
- **Pregnancy.** When pregnant, the NHS ceiling for herbal tea is 4 cups daily, and teas containing liquorice root should be skipped; caffeine free alone does not make a blend suitable, so ask your midwife or pharmacist about anything you are unsure of. More on pregnancy and tea.
- **Children.** Children: ask a pharmacist, health visitor or GP first Avoid for infants (peppermint oil can affect breathing in babies; tea is much gentler but still worth being cautious).
- **Gallstones.** Peppermint may stimulate bile flow, could trigger discomfort with active gallstones.

Caffeine

0mg.

Buying

Quick Buy: Dragonfly Three Mint Medley. It can be bought from teas.co.uk and other specialist UK tea retailers.

FAQ

Why three mints instead of one? Different mint species contribute different aromatic notes. The blend is more complex and less aggressive than single species peppermint.

Best mint tea for after a meal? Three mint blends or pure peppermint. Both have solid digestive support evidence.

Pregnancy safe? In pregnancy the NHS caps herbal tea at 4 cups in a day and recommends leaving out teas containing liquorice root. Ask your midwife or pharmacist if unsure. Avoid high volume mint in first trimester per cautious advice.

Can I drink it iced? Yes, cold brewed mint tea is excellent in summer.

Three Mint Medley vs Pukka Three Mint? Similar concept. Both excellent. Comparable pricing. Buy whichever your retailer stocks.

Curator's note: most "mint tea" on the UK shelf is just peppermint, and that's fine, but a three mint blend is more interesting. The differences between the species are subtle but the cup feels more rounded. Worth the small premium over single mint options. Lee, teas.co.uk, Tunbridge Wells.

Buy it via the Dragonfly range, compare in the mint range, or browse the full tea shop.

Reference noted

- Soil Association organic standards

FROM THE CURATOR

teas · Reaching free UK delivery at £35 takes just two or three good bags. Put together a modest order rather than a single splurge.

Mint and herbal reading

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

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/