Good Earth Chamomile, Grapefruit & Citrus Sleep

From the teas.co.uk wiki

> **Chamomile Grapefruit, in summary:** Good Earth Chamomile Grapefruit is a caffeine-free citrus-and-chamomile wind-down blend. What is in the bag, why citrus and chamomile work, how to brew it.

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

Good Earth Chamomile & Grapefruit is the unusual sleep blend that adds citrus brightness to traditional chamomile. The grapefruit lifts the cup out of the typical "earthy bedtime tea" mould into something properly refreshing, yet still sleepy and caffeine free. A modern interpretation of an old fashioned sleep tea.

About Good Earth

Good Earth is a US herbal tea brand founded in 1972, now widely distributed in the UK. The range is mid tier, accessible priced, with a focus on naturally flavoured infusions. Good Earth uses real fruit and herb pieces in most blends, and the brand sits in the same competitive space as Pukka and Yogi for everyday herbal drinkers.

What's in the bag

- **Chamomile.** The dominant ingredient; a traditional bedtime herb with mild, modest evidence.
- **Grapefruit peel and flavour.** Citrus brightness.
- **Lemon balm.** A traditional wind down herb; brightens the herb base.
- **Possibly: rosehip, lavender, hibiscus.** Varies by batch.

What it tastes like

Bright, slightly tart, with chamomile's gentle floral undertone underneath. The grapefruit is the surprise, most chamomile blends are sweet floral; this one is bright citrussy. Pleasantly different from the standard sleep tea template.

Why citrus + chamomile works

Chamomile contributes gentle, traditional evening character. Grapefruit's bright citrus aromatics lift the cup. The combination is less heavy handed than chamomile and lavender; the cup is brighter and more drinkable.

Use cases

- **Evening drinking.** Caffeine free; mildly relaxing; refreshing rather than heavy.
- **Pregnancy.** The NHS pregnancy advice puts herbal tea at a ceiling of 4 cups across the day, and liquorice root teas are best skipped. Ask your midwife or pharmacist if unsure. More on pregnancy and tea.
- **After a heavy meal.** The citrus cuts through; chamomile settles.
- **Mild evening anxiety.** Less sleep leaning than valerian containing blends; gentler.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Cover the cup.
3. Steep 5-7 minutes.
4. Plain is fine, or add a teaspoon of honey.

Cautions

- **Grapefruit drug interactions.** Grapefruit can interfere with how the body handles certain medications (statins, some blood pressure drugs). The amount in a single cup is small but worth knowing if you drink several daily and take affected medications.
- **Chamomile allergies.** Asteraceae family, possible cross reactions.
- **Pregnancy.** The NHS pregnancy advice puts herbal tea at a ceiling of 4 cups across the day, and liquorice root teas are best skipped. Ask your midwife or pharmacist if unsure.

Caffeine

0mg.

Comparison with similar blends

- **Good Earth Chamomile & Grapefruit:** Bright, citrus forward, modern.
- **Pukka Night Time:** Heavier sleep leaning (chamomile + valerian + oat flower + lavender).
- **Twinings Camomile & Honey:** Sweeter, simpler.
- **Clipper Snore & Peace:** Traditional chamomile lavender.

Buying

teas.co.uk is among the specialists that stock it. Quick Buy.

FAQ

Does it actually help sleep? Mildly. Chamomile has the strongest evidence; grapefruit contributes brightness rather than sleep specific effect.

Caffeine free? Yes, completely.

Can I drink it every night? Yes, generally safe for daily use.

Pregnancy safe? The NHS pregnancy advice puts herbal tea at a ceiling of 4 cups across the day, and liquorice root teas are best skipped. Ask your midwife or pharmacist if unsure.

Best as iced tea? Yes, cold brewed grapefruit chamomile is excellent in summer. More on cold brew.

Curator's note: chamomile blends are usually sweet and earthy. The grapefruit twist really does lift the cup. Worth keeping for evenings when traditional bedtime teas feel too heavy. Lee, teas.co.uk, Tunbridge Wells.

Where it fits, at a glance

Aspect	The read
Type	Caffeine-free chamomile + citrus wind-down blend
Effect	Comfort + routine; gentle, not a sedative
Best for	Evening, after dinner
Brew	Full boil, long covered steep

Reference noted

- NHS: How to get to sleep

This is general information, not medical advice. Buy it via the Good Earth range, compare in the sleep blend range and wider herbal range, or the full tea shop (free UK delivery over £35).

FROM THE CURATOR

teas · Match the tea to the moment. 6am and 4pm call for different cups, and this blend is for later still.

Chamomile sleep reading

- Chamomile tea
- Herbal tea overview
- Caffeine-free teas
- Good Earth: the brand

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

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