Good Earth Lemon Ginger Turmeric

From the teas.co.uk wiki

> **Lemon Ginger Turmeric, in summary:** Good Earth Lemon Ginger Turmeric pairs three warming kitchen herbs, ginger, turmeric and lemon, with a little black pepper; a caffeine-free golden cup.

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

Good Earth Lemon Ginger Turmeric pairs three warming kitchen herbs, ginger, turmeric and lemon, with a little black pepper, in a caffeine-free golden cup from the herbal tea aisle. A comforting daily cup, especially welcome in the cold months; the framing is comfort, not a treatment.

What's in the bag

- **Ginger.** Warming heat, and long studied for nausea. Well researched. Strong evidence base. More on ginger.
- **Lemon (peel and natural flavour).** Brightness, modest vitamin C contribution.
- **Turmeric.** Curcumin contribution; studied in the lab.
- **Possibly: black pepper.** Piperine helps curcumin absorption.
- **Lemongrass.** Brightens the lemon character.

The actual evidence behind the trio

Ginger

Strongest evidence: nausea (NHS recommended for pregnancy), with research into joint and period pain. Real effects at tea strength dosing.

Lemon

Brightening; modest vitamin C; psychological lift. Don't drink lemon tea expecting clinical grade vitamin C, eat actual citrus fruits for that. Tea brewing extracts only a fraction of fresh fruit content.

Turmeric

Curcumin (the active compound) has substantial in vitro and animal study evidence for antioxidant effects. Human evidence is mixed because:

- Curcumin's bioavailability is poor, most ingested curcumin doesn't reach blood circulation.
- Black pepper (piperine) significantly enhances absorption, the inclusion of pepper in turmeric blends is biochemically meaningful.
- Tea strength turmeric delivers a small dose; capsule supplementation is more researched.

Tea strength turmeric isn't a clinical grade supplement; it's a gentle daily contribution.

What it tastes like

Bright golden cup. Warming ginger heat balanced by lemon's citrus brightness and turmeric's earthy mustardy depth. The pepper (if included) adds a barely perceptible warmth. Honey sweetened works beautifully; lemon already provides natural brightness.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C).
3. Steep 7-10 minutes for maximum extraction. Both turmeric and ginger benefit from longer brewing.
4. Sweeten with honey to taste.
5. Optional: add a small piece of fresh ginger for extra heat.

The "immune shot" framing, plain assessment

Good Earth markets this as immune supporting. plain framing:

- None of the three ingredients "build immunity" in a measurable clinical sense at tea strength.
- Ginger is a long standing nausea cup and a pleasant, warming drink during illness.
- Turmeric's contribution is modest at tea strength.
- The hot drink + hydration is comforting during a cold.
- Don't expect this to prevent or shorten illnesses dramatically. Do expect a useful, comforting drink during illness or as part of a daily routine.

Use cases

- **Cold and flu support.** Warming and comforting.
- **Post meal digestion.** Ginger's digestive support.
- **A morning everyday habit.** Caffeine free; a gentle daily cup.
- **Period pain.** Both ginger and turmeric have evidence for menstrual pain reduction.
- **Pregnancy nausea.** Ginger is NHS recommended.

Caffeine

0mg.

Cautions

- **Blood thinners.** Ginger and turmeric both have mild antiplatelet activity. Discuss with GP if on warfarin.
- **Gallstones.** Both ginger and turmeric stimulate bile flow.
- **Iron absorption.** Lemon (vitamin C) actually helps iron absorption, drink with iron rich meals if iron deficient.
- **Pregnancy.** Ginger is recommended; turmeric tea strength is generally fine; avoid heavy turmeric supplementation.
- **Surgery.** Stop ginger and turmeric 1-2 weeks before scheduled surgery (mild bleeding risk).

Comparison

- **Good Earth Lemon Ginger Turmeric:** Trio blend, accessible price.
- **Pukka Turmeric Active:** Turmeric led organic.
- **Twinings Lemon & Ginger:** No turmeric, lighter cup.
- **Dragonfly Lively Lemon and Ginger:** Organic, no turmeric.

Buying

Look to teas.co.uk and similar UK specialists to find it.

FAQ

Is it a cold season cup? It works as a warm, comforting drink, with ginger's long reputation behind it. Not a vaccine.

Caffeine free? Yes, completely.

Best for sore throats? Yes, ginger plus lemon plus honey is a classic UK cold season drink.

Is the turmeric meaningful at tea strength? Modestly. Capsules deliver larger doses; tea is a gentle daily contribution.

Can I drink it daily? Yes, 2-3 cups daily is generally fine.

Curator's note: this blend is good to have in the cupboard during cold season. Don't expect miracles, but the combination of three real evidence supported ingredients in one cup is rare on the UK shelf. Lee, teas.co.uk, Tunbridge Wells.

In short: Good Earth Lemon Ginger Turmeric

Field	Detail
Brand	Good Earth (US-founded, UK-distributed; Tata Global Beverages portfolio)
Active ingredients	Lemon peel, ginger root, turmeric, black pepper, lemongrass
Cup character	Warm, peppery, citrussy, mild turmeric earthiness
Caffeine	None; caffeine-free herbal

Field	Detail
Best for	Cold season comfort, after meal drinking, a warming daily routine

This is general information, not medical advice. Buy it via the Good Earth range, compare ginger in the ginger range and the turmeric range, or browse the full tea shop.

Related on the wiki: Teapigs Ginger And Manuka Honey Immune Season Essential, Twinings Bioblends Lemon Ginger Turmeric The Premium.

Reference noted

- NHS: Common cold

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

Ginger and turmeric reading

For ingredient guides see the ginger tea piece, the turmeric tea overview, the lemon tea guide, and the black pepper tea piece. For brand context see the Good Earth deep dive and the Pukka deep dive.

Part of the Tea for Colds and Flu pillar at teas.co.uk.

More from the tea wiki

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