Loyd Digestion Support: A Straight Review

From the teas.co.uk wiki

> **Loyd Digestion Support, in summary:** Loyd Digestion Support is an affordable, caffeine free fennel, peppermint and ginger cup for after meals, with respectable traditional credentials and modest use.

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

Loyd Digestion Support (currently unavailable) is the Polish brand's after meal herbal blend, fennel, peppermint, ginger, lemon balm working together for gentle digestive support. Caffeine free, drinkable, and pleasantly warming. Reasonable post meal cup at accessible price.

What's in the bag

- **Fennel.** Carminative (anti bloating). Strong traditional digestive evidence.
- **Peppermint.** Antispasmodic, IBS supportive evidence.
- **Ginger.** Anti nausea, warming.
- **Lemon balm.** Gently relaxing.
- **Possibly: aniseed, caraway, chamomile.**

The actual evidence

Each ingredient has real digestive credentials:

- **Fennel:** Solid evidence for bloating, gas reduction. More on fennel.
- **Peppermint:** Strong evidence for IBS symptoms (peppermint oil; tea strength gentler).
- **Ginger:** Strong anti nausea evidence, moderate digestive support.
- **Lemon balm:** Mild antispasmodic + stress reduction (gut brain axis).

A cup gives smaller doses than capsules, but it is a useful after meal drink for mild discomfort.

What it tastes like

Sweet anise mint, with ginger warmth and gentle lemon balm citrus. The cup is pale yellow green. Pleasant on its own; honey optional.

How to brew

1. 1 bag per 200ml.
2. Just boiled water.
3. Steep 5-7 minutes.
4. Drink black or with honey.

Use cases

- **After heavy meals.** A traditional choice when you feel bloated.
- **Mild indigestion.** Pre bedtime cup if late meal discomfort.
- **Travel sickness.** Ginger's anti nausea action.
- **Pregnancy nausea.** For pregnancy, NHS advice is a 200mg daily caffeine limit across all sources, 4 cups for herbal tea and no liquorice root; Loyd's blend has no caffeine, but ask your midwife if unsure. Avoid concentrated peppermint in first trimester.More on pregnancy and tea.

Caffeine

0mg.

Comparison with similar UK products

- **Loyd Digestion Support:** Polish accessible.
- **Pukka After Dinner:** Organic, similar profile but cardamom led.
- **Twinings Cleanse:** Mainstream UK alternative.
- **Heath & Heather Fennel & Mint:** UK herbal alternative.

Cautions

- **Reflux/GERD.** Peppermint can trigger reflux in some.
- **Pregnancy.** For pregnancy, NHS advice is a 200mg daily caffeine limit across all sources, 4 cups for herbal tea and no liquorice root; Loyd's blend has no caffeine, but ask your midwife if unsure. Avoid heavy peppermint in first trimester.
- **Hormone sensitive conditions.** Fennel has very mild oestrogenic activity at heavy daily intake.

Buying

Polish/Eastern European food shops; specialist UK tea retailers.

FAQ

Does it help after a big meal? Yes, modestly. Each ingredient has real digestive credentials at tea strength dosing.

Caffeine free? Yes.

Pregnancy safe? For pregnancy, NHS advice is a 200mg daily caffeine limit across all sources, 4 cups for herbal tea and no liquorice root; Loyd's blend has no caffeine, but ask your midwife if unsure.

When to drink? After heavy meals or for mild evening indigestion.

Compared to Pukka After Dinner? Similar concept; Loyd is more accessible price; Pukka is organic and cardamom led.

Curator's note: think of Loyd Digestion Support as an affordable everyday Pukka After Dinner. Real traditional herbs, gentle effect, handy after heavy meals. Lee, teas.co.uk, Tunbridge Wells.

The essentials: Loyd Digestion Support

Ingredient	Digestive credential
Fennel	Solid evidence, bloating and gas
Peppermint	Strong for IBS (oil; tea gentler)
Ginger	Strong on nausea, moderate after meals
Lemon balm	Mild antispasmodic, gut-brain settling
Caffeine	0mg
Cautions	Peppermint and reflux; usual pregnancy check

This is general information, not medical advice. Peppermint can worsen reflux; for persistent gut symptoms see your GP, and ask your midwife about herbal teas in pregnancy.

Reference noted

- NHS: IBS

Worth keeping on the shelf around this article: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Pop into the tea shop for more after dinner herbals; UK shipping is free from £35.

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

FROM THE CURATOR

teas · Loyd boxes are cheap, but compare them by cup all the same. Loose fennel and peppermint usually win, though supermarket bags sometimes do.

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