Peppermint Tea Benefits

From the teas.co.uk wiki

> **Peppermint tea benefits, in short:** the real one is in the gut: peppermint relaxes gut muscle, which eases IBS spasm, bloating and trapped wind. It also freshens the breath. The catch: it can worsen acid reflux.

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

Peppermint is one of the few herbal teas with real evidence behind it, and it is all about the gut. The menthol relaxes digestive muscle, easing spasm and bloating, which is why it is a go-to after meals.

Digestion, the evidence-backed benefit

Menthol relaxes the smooth muscle of the gut, easing the cramping of IBS and helping with bloating and trapped wind. Peppermint oil is well enough evidenced to feature in clinical guidance for IBS; tea is a gentler version. See Wikipedia: peppermint, and our tea for IBS and tea for bloating guides.

Other genuine pluses

- **Fresh breath.** The menthol is naturally freshening.
- **Caffeine-free.** A good all-day, evening-friendly cup.

The one real caution

Because it relaxes the valve at the top of the stomach, peppermint can worsen heartburn and acid reflux. If reflux is your issue, choose chamomile or fennel instead. See tea for acid reflux.

FAQ

Is peppermint tea worth drinking? Yes, especially after meals; it is also caffeine free.

Does it help bloating? Yes, it eases gut spasm and trapped wind.

Any downside? It can aggravate acid reflux.

This is general information, not medical advice.

FROM THE CURATOR

teas · Buy fresh, buy small, brew often. A lively peppermint beats a dusty one every time.

Sources

- Wikipedia: peppermint
- NHS: IBS

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Shop peppermint tea or the herbal & fruit range (free UK postage over £35).

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