Pukka After Dinner

From the teas.co.uk wiki

Pukka After Dinner, in summary: Pukka After Dinner stacks fennel, peppermint, liquorice and cardamom for post-meal bloating and cramp. Why the combination works and what to compare with.

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

Pukka After Dinner is the after meal tea with real evidence behind its herbs: fennel + aniseed + cardamom + ginger + liquorice. Each ingredient has real digestive credentials; the combination is more useful than any single herb alone. One of the herbal teas most worth keeping in the cupboard.

What's in the bag

- **Fennel.** Carminative (anti bloating). Solid clinical evidence.
- **Aniseed.** Similar profile to fennel. Anethole led aromatic.
- **Cardamom.** Traditional after dinner cup; aromatic rich.
- **Ginger.** Strong anti nausea evidence; digestive support.
- **Liquorice root.** Sweetens the cup; mild digestive support; small amount only.
- **Sometimes: chicory root.** Adds slight bitter coffee character.

Organic certified across all ingredients.

What it tastes like

Sweet anise cardamom forward, with ginger warmth and the gentle sweetness of liquorice. Pleasantly aromatic; no need to sweeten further. Drinks easily after even very heavy meals.

The actual evidence base

Fennel (solid)

Multiple studies support fennel's anti bloating, anti gas, and digestive supportive effects. Anethole and other aromatic compounds have antispasmodic activity.

Cardamom (modest)

Traditional digestive use; cardamom oils stimulate digestive secretion. Modest clinical evidence.

Ginger (strong)

The most evidenced of the herbs. Strong anti nausea evidence, moderate digestive support. More on ginger.

Aniseed (modest)

Similar profile to fennel. Carminative; anti bloating.

Combined effect

The combination of these herbs is more useful than any single ingredient. The blend addresses multiple post meal complaints simultaneously, bloating, indigestion, mild nausea, after meal sluggishness.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water.
3. Cover the cup. Steep 5-7 minutes.
4. Drink black, the natural sweetness from liquorice + fennel is sufficient.

Use cases

- **After heavy meals.** The defining application. Sunday roast, full English breakfast, Christmas dinner, curry, all settle better with this cup.
- **Mild evening indigestion.**
- **Caffeine free evening drink.** Workable wind down without sleep impact.
- **Pregnancy nausea.** In pregnancy, NHS guidance caps caffeine at 200mg daily and herbal tea at 4 cups, and says avoid liquorice root, which Pukka After Dinner contains; ask your midwife. More on pregnancy and tea.
- **Post festive period.** Heavy holiday eating recovery.

Why this works better than single herbs

Pukka After Dinner combines herbs with complementary mechanisms:

- **Fennel/aniseed:** Anti bloating, anti gas
- **Ginger:** Anti nausea, gut motility
- **Cardamom:** Digestive secretion stimulation
- **Liquorice:** Soothing demulcent

Multiple complementary effects address the multi symptom post meal experience better than single herb approaches.

The liquorice consideration

Pukka After Dinner contains small amounts of liquorice, well below the threshold for blood pressure concerns from heavy daily consumption. 1 cup daily is fine for most adults. More on liquorice.

How it compares

Product	Style
Pukka After Dinner	Multi herb digestive blend; organic; premium
Twinings Cleanse	Comparable mainstream UK alternative
Heath & Heather everyday cup	Similar herbs; UK herbal
Loyd Digestion Support (currently unavailable)	Polish accessible alternative. More here
Pure fennel tea	Single herb; less complete
Pure ginger tea	Single herb; different focus (nausea led)

Caffeine

0mg.

Cautions

- **Pregnancy.** In pregnancy, NHS guidance caps caffeine at 200mg daily and herbal tea at 4 cups, and says avoid liquorice root, which Pukka After Dinner contains; ask your midwife. Some sources advise caution against heavy daily liquorice in pregnancy.
- **Hypertension.** Heavy daily liquorice can raise blood pressure. 1 cup daily is fine; multiple cups daily warrants caution.
- **Allergies.** Aniseed/fennel cross reactions possible (carrot family).
- **Children.** For children's ages and doses with this blend, ask a GP, pharmacist or health visitor; we can't advise.

Buying

Available across UK supermarkets and specialist tea retailers. Browse Pukka here. £3-3.50 per box of 20 bags.

FAQ

Does Pukka After Dinner actually help after a meal? Yes, modestly. Each herb has a real after meal record; combined, they make a useful cup for comfort after eating.

Caffeine free? Yes.

Pregnancy safe? In pregnancy, NHS guidance caps caffeine at 200mg daily and herbal tea at 4 cups, and says avoid liquorice root, which Pukka After Dinner contains; ask your midwife. Avoid heavy daily intake due to liquorice.

How often to drink? 1-2 cups after meals as needed. Daily intake fine for most adults.

Best for what? Post heavy meal bloating, mild indigestion, evening wind down.

Curator's note: Pukka After Dinner is one of the most useful herbal teas on the UK shelf. Real digestive evidence, accessible pricing, organic, the cup tastes pleasant. After Sunday roast, this is what we drink. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Pukka After Dinner as the everyday post-meal blend, and stock a few comparables: straight fennel tea for when bloating dominates, peppermint tea for when cramp dominates, and a quality digestive chai for the spice-led variation. A small teapot brings out the carminative oils better than a mug-and-bag setup.

Reference noted

- PubMed: Tea polyphenols and gut microbiota
- NHS: IBS

FROM THE CURATOR

teas · Free UK delivery starts at £35, about two or three boxes of after dinner herbals. Build a small after dinner order rather than one splurge.

Digestive tea reading

For the herb context see the fennel tea guide, the peppermint tea piece, the liquorice tea overview, and the cardamom tea piece. For Pukka brand context see the Pukka deep dive. For comparable digestive blends see the Yogi Stomach Ease piece.

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

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