Pukka Lemon Ginger Manuka Review

From the teas.co.uk wiki

> **Pukka Lemon Ginger Manuka, in summary:** Pukka Lemon Ginger Manuka (Triple Threat Cold Fighter) combines organic lemon, ginger and manuka-honey-flavoured herbs; designed for cold comfort.

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

Pukka Lemon Ginger Manuka combines three ingredients with real evidence for colds and sore throats: lemon (vitamin C, brightness), ginger (anti nausea), manuka honey (antibacterial, coats the throat). The cup is a useful one when you are ill, and organic across the supply chain.

What's in the bag

- **Ginger root.** Strong evidence against nausea.
- **Lemon (peel and natural flavour).** Brightness, traces of vitamin C.
- **Lemongrass.** Reinforces the lemon character.
- **Manuka honey.** Specific antibacterial activity; a demulcent effect that coats the throat.
- **Possibly: liquorice root, fennel.** Trace amounts.

What manuka honey contributes

Manuka honey is honey made from bees collecting from the manuka tree (*Leptospermum scoparium*) in New Zealand and parts of Australia. It contains methylglyoxal (MGO) at higher concentrations than typical honey, giving it documented antibacterial activity (especially against Streptococcus pyogenes, sore throat bacterium).

UMF rating (Unique Manuka Factor) measures the antibacterial activity. Higher UMF = more active. Tea strength manuka contributes a small amount of antibacterial activity to the cup; it's not pharmaceutical grade by tea bag.

What it tastes like

Bright lemon + ginger heat + sweet manuka honey character. The cup is golden amber, naturally sweet, warming. Pleasantly drinkable even when you don't feel well.

The actual evidence

Ginger antioxidant (solid)

Real evidence against nausea, with modest effects beyond that. Useful during illness.

Lemon vitamin C (modest)

Trace vitamin C from peel. Don't drink for nutritional vitamin C, eat actual citrus.

Manuka honey antibacterial (real but modest at tea strength)

Manuka has solid antibacterial evidence at clinical doses (UMF 10+ honey, multiple teaspoons). The amount in a tea bag is much smaller. Real but gentle contribution.

Throat soothing (real)

Honey coats and soothes the throat. The warm liquid + sweetness does help a sore throat during a cold.

Combined effect

The cup is a useful drink for colds and sore throats. Not a treatment, but real relief from symptoms during illness.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water.
3. Steep 5-7 minutes.
4. Add additional honey if desired.
5. Add lemon for extra brightness.

Use cases

- **Cold and flu symptoms.** The defining application.
- **Sore throat.** Manuka + warmth + honey is a real comfort.
- **Travel sickness.** Ginger's anti nausea action.
- **Hangover recovery.** Hydrating, settling, gentle.
- **Pregnancy nausea.** NHS recommended ginger; manuka in trace amounts is fine. Discuss with midwife if heavy daily intake. More on pregnancy and tea.

Caffeine

0mg.

The "manuka in tea bags" question

Manuka honey at the doses studied (UMF 10+, several teaspoons daily) is expensive, £20 to £50 per jar. The amount in a tea bag is small. Pukka Lemon Ginger Manuka delivers a gentle manuka contribution, not a

pharmaceutical dose.

If you want real manuka aromatic notes, buy the honey directly. The tea is a pleasant supportive drink that includes manuka character, not a manuka supplementation product.

How it compares

Product	Approach
Pukka Lemon Ginger Manuka	Premium organic; manuka included
Twinings Lemon & Ginger	Mainstream; no manuka
Clipper Lemon & Ginger	Fairtrade organic; no manuka
Dragonfly Lively Lemon and Ginger	Organic; no manuka. More here
Home brewed (fresh ginger + lemon + manuka honey added)	Best concentration of active ingredients

The DIY alternative

For the strongest cold remedy:

1. 1 thumb sized fresh ginger, sliced.
2. Juice of 1 lemon.
3. 2 teaspoons of UMF 10+ manuka honey.
4. 250ml just boiled water.
5. Steep 7-10 minutes covered.

This delivers more active ingredient than tea bag versions. Use during active cold/flu.

Cautions

- **Manuka honey allergies.** Rare but possible.
- **Diabetes.** Honey raises blood sugar; check with GP if monitoring.
- **Children under 1.** Honey unsuitable for infants under 12 months (botulism risk).
- **Pregnancy.** For this blend in pregnancy, the NHS herbal tea limit is 4 cups a day, and teas with liquorice root are best avoided. Ask your midwife or pharmacist if unsure.

Buying

Available across UK supermarkets and specialist tea retailers. Browse Pukka here.

FAQ

Does Pukka Lemon Ginger Manuka help colds? Modestly, real ingredient evidence, real symptomatic relief from warmth and honey coating effect.

Is the manuka concentration meaningful? Modest. For manuka at a meaningful dose, buy the honey itself.

Caffeine? 0mg.

Pregnancy safe? For this blend in pregnancy, the NHS herbal tea limit is 4 cups a day, and teas with liquorice root are best avoided. Ask your midwife or pharmacist if unsure.

Best for what? Cold and flu symptoms, sore throats, travel nausea.

Curator's note: Pukka Lemon Ginger Manuka is the cup I reach for when sniffles start. Real ingredients, real if modest evidence, pleasantly drinkable. A box earns its cupboard space in cold season. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: Common cold

Day-to-day teas that sit alongside this one: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. For more, the full tea shop ships free across the UK over £35.

FROM THE CURATOR

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

Cold-fighter tea reading

Continue with Pukka overview, Pukka deep dive, Pukka Night Time, manuka honey, ginger tea and lemon and tea.

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