Pukka Three Ginger

From the teas.co.uk wiki

> **Pukka Three Ginger, in summary:** Pukka Three Ginger layers fresh ginger, galangal and turmeric for the strongest UK supermarket ginger cup.

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

Pukka Three Ginger combines three ginger species into a single ginger forward tea, common ginger, galangal, and turmeric. The cup is intensely warming, anti nausea evidenced, and one of the most assertive ginger products on the UK shelf. Designed for drinkers who find single ginger blends underwhelming.

What's in the bag

- **Ginger root (Zingiber officinale).** Standard ginger. Good evidence against nausea; warming.
- **Galangal (Alpinia galanga).** Ginger family relative; sharper, more peppery character. Used in Thai/Southeast Asian cuisine.
- **Turmeric (Curcuma longa).** Ginger family. Curcumin contribution. Mild antioxidant.
- **Black pepper.** Trace amount; piperine enhances curcumin absorption.
- **Possibly: liquorice root.** Small amount for sweetness.

What it tastes like

Intensely warming. Ginger heat dominates; galangal adds peppery sharpness; turmeric contributes earthy depth. The cup is golden amber, assertive, satisfying. Honey complements; lemon brightens.

The "three ginger" advantage

Each species in the ginger family contributes different active compounds:

- **Common ginger:** Gingerols + shogaols. Anti nausea + heat.
- **Galangal:** Galangin and other compounds. Anti microbial; warming.
- **Turmeric:** Curcumin, studied in the lab.

The combination works on several fronts at once, unlike single ginger products.

The actual evidence

Anti nausea (strong)

Common ginger has multiple controlled trials supporting anti nausea action, pregnancy nausea, motion sickness, post surgery, chemotherapy induced. Three Ginger inherits this evidence.

antioxidant (modest)

Gingerols + curcumin + galangal compounds together give broader lab activity than ginger alone. Effect at tea strength is modest but present.

Digestive support (solid)

All three ginger family herbs have digestive credentials.

Cardiovascular markers (modest)

Ginger and turmeric both have modest cardiovascular evidence at supplement strength.

How to brew

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

Use cases

- **Strong anti nausea need.** Pregnancy morning sickness, motion sickness, hangover.
- **Cold and flu support.** Warming, antioxidant.
- **Joint aches.** Modest support.
- **Post meal digestive.** Strong digestive action.
- **Winter warming.** A properly heating cup.

Caffeine

0mg.

Cautions

- **Blood thinners.** Ginger and turmeric have mild antiplatelet activity.
- **Surgery.** Stop ginger and turmeric 1-2 weeks before scheduled surgery.
- **Gallstones.** Both ginger and turmeric stimulate bile flow.
- **Pregnancy.** Ginger is NHS recommended for nausea. Avoid heavy turmeric supplementation in pregnancy; the NHS also advises no more than four cups of herbal tea a day. More on pregnancy and tea.

Pregnancy specifically

Three Ginger has no caffeine, but that does not make it suitable for everyone: during pregnancy the NHS limit is 4 cups of herbal tea a day, liquorice root is to be avoided, and a midwife or pharmacist can check. On ginger itself, NHS guidance mentions some evidence that it can reduce nausea and vomiting in pregnancy (see a pharmacist before ginger supplements), and herbal tea should stay at 4 cups daily or fewer. Turmeric at tea strength is fine; the small black pepper content enhances curcumin absorption modestly.

How it compares

Product	Strength	Other features
Pukka Three Ginger	Strongest UK ginger blend	Organic, multi species
Twinings Lemon & Ginger	Mid	Includes lemon; less ginger forward
Clipper Hot Ginger	Mid strong	Fairtrade, organic
Dragonfly Lively Lemon & Ginger	Mid	Organic; includes lemon. More here
Fresh ginger root home brew	Variable	Most concentrated; freshest

Buying

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

The fresh ginger comparison

For the strongest ginger hit, fresh ginger root + lemon + honey brewed at home beats any tea bag. Pukka Three Ginger is the bagged convenience option; fresh root is the gold standard for active ingredient delivery.

FAQ

Is Pukka Three Ginger stronger than other UK ginger teas? Yes, the three species blend is more concentrated than single ginger products.

Caffeine free? Yes.

Pregnancy safe? On ginger itself, NHS guidance mentions some evidence that it can reduce nausea and vomiting in pregnancy (see a pharmacist before ginger supplements), and herbal tea should stay at 4 cups daily or fewer.

antioxidant? Modest at tea strength. The combination is broader than single herb.

Best use? Cold and flu support; pregnancy nausea; joint pain support; post meal digestive.

Curator's note: Pukka Three Ginger is the strongest mainstream ginger tea in the UK. The three species combination is more useful than single ginger products, especially during illness. Worth keeping in the cupboard. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Pukka Three Ginger as the strongest UK bagged ginger. Stock whole fresh ginger root for the days you want maximum effect (simmer 5cm in 250ml for 10 minutes), a quality turmeric tea for the complementary

anti-inflammatory route, and a lemon ginger blend for the brighter morning variation. Pair with a quality small teapot to brew the bag plus a slice of fresh root for additive strength.

For the matching kit, the herbal & fruit infusions and Pukka range.

FROM THE CURATOR

teas · Three Ginger costs more per box, so compare it per cup. Loose ginger usually wins, though Pukka's bags sometimes justify their price.

Ginger tea reading

For ginger context see the ginger tea guide, the ginger tea benefits piece, the galangal tea overview, and the turmeric tea piece. For comparable ginger blends see the Yogi Ginger deep dive and the Clipper Ginger piece. For brand context see the Pukka deep dive.

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