HEALTHY TIPS

On the Watch Out: 5 Tea Brands with High Levels of Pesticides + Healthier Alternatives

By bestfolkmedicine · 19/05/2023 · 3 min read

Tea is abundant in nutrients and is praised for its abundance of health advantages. In fact, tea is the most commonly consumed drink in the world after water.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

But, not every tea is made in the same way. Unfortunately, some brands of tea contain a lot of pesticides like glyphosate. Knowing this, if you like tea, you need to be cautious of the ingredients found in your

favorite tea brand.

In fact, in an investigative report from 2014, it was found that some of the most popular tea brands contained high amounts of pesticides inside.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Keep reading to learn more about the five brands of tea that had pesticides inside according to the report! We'll also share some great alternatives for tea brands that you can enjoy without worrying about ingesting pesticides with your morning cup of tea!

Popular Tea Brands Were Found Ladden with Pesticides

The 2014 study done by the CBC found that several popular brands of tea had high levels of pesticides like glyphosate. This is the active ingredient of Roundup which has been associated with serious health problems and cancer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Moreover, glyphosate is classified by the WHO's International Agency for Research on Cancer as "probably carcinogenic to humans". In the investigation, some samples of tea contained more than the acceptable limit for pesticides put forward by the Canadian Food Inspection Agency.

The five brands of tea that were found to contain a higher amount of pesticides than allowed are Celestial Seasonings, Tetley, Lipton, Tazo, and Twinings.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

The Negative Effect of Pesticides on the Gut Health & the Overall Health

Pesticides have a detrimental impact on gut health and overall health. Our gut has trillions of microorganisms living inside it known as the gut microbiota.

These bacteria play a pivotal role in maintaining optimal overall health. When the gut flora is balanced, we will have stronger immunity, better digestion, and even better mental health.

Continuous exposure to pesticides can diminish the gut balance by messing up the gut bacteria composition.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
Another study from 2018 published in the journal *Environmental Health Perspectives* concluded that exposure to glyphosate-based herbicides had a negative influence on the gut microbiome of lab mice and led to a reduction in good bacteria and a rise in bad bacteria.

The gut imbalance has been connected with several health problems, including obesity, IBS, and even neurological disorders.

Pesticides don't just harm gut health: they also elevate the chance of cancer, disrupted endocrines, reproductive and developmental problems, hormonal imbalance, etc.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

What Are the Safer Tea Brands That Are Free of Pesticides?

If you've found your favorite tea brand on the list above, don't worry! There are a lot of safer alternatives you can pick instead.

These teas are safer and free of dangerous chemicals. The ones below have a pesticide amount below the legal limit or don't have any:

- ***Pukka Herbs***
- ***The Republic of Tea***
- ***Yogi Tea***
- ***David's Tea***
- ***Choice Organic Teas***
- ***Rishi Tea***
- ***Numi Organic Tea***
- ***Traditional Medicinals***

Sources:

THE HEARTY SOUL

ASK DR NANDI

Read online: https://bestfolkmedicine.com/2023/05/on-the-watch-out-5-tea-brands-with-high-levels-of-pesticides-healthier-alternatives/

Downloaded on 24/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.