

Herbal Tea vs Fruit Tea (vsdiff.com)

Aspect	Herbal Tea	Fruit Tea
Definition	<i>Infusions of non-Camellia plants</i> (roots, leaves, flowers)	<i>Infusions or blends containing dried fruit, peels, or fruit flavorings</i>
Typical compounds	Polyphenols, essential oils, volatile aromatics	Organic acids, sugars (trace after drying), natural fruit esters
Caffeine	Generally caffeine-free	Almost always caffeine-free
Common uses	Medicinal/traditional use, digestive or calming blends	Flavor-focused, iced beverages, vitamin C marketing
Typical brewing	Short to medium infusion (3–10 minutes), variable temperatures	Short infusion for aroma (3–6 minutes); suitable cold-brew

Source: <https://vsdiff.com/herbal-tea-vs-fruit-tea/>