

Brand and format	Benefits of the tea listed/other comments (direct quotes are from brand websites)	Ingredients within evening blends	Is senna an ingredient? If so, how much is present?	Any guidance/warnings	Dietary advice/plan given?
<p><b>Bootea</b> Morning and evening tea formulations, 14-28 days recommended.</p>	<p><i>"We are a passionate health and weight loss company that strives to promote an active, healthy and balanced lifestyle."</i></p> <p><i>"Our multiple award-winning 28-Day Teatox is a natural cleansing tea that will leave you feeling energised and motivated to reach your goals. With over 1 million customers worldwide, we know what it takes to get you in shape and we are here to help."</i></p>	<p><u>'Laxative free blend':</u></p> <ul style="list-style-type: none"> <li>• Peppermint Leaf</li> <li>• <b>Psyllium</b> Seeds*</li> <li>• Fenugreek Seeds</li> <li>• <b>Liquorice</b> Root</li> <li>• Burdock Root</li> <li>• <b>Hawthorn</b> Leaf</li> <li>• Dessicated Coconut</li> </ul> <p><u>'Bedtime Cleanse'</u> (pre-reformulation in February 2017)</p> <ul style="list-style-type: none"> <li>• <b>Senna</b> leaves</li> <li>• Peppermint leaves</li> <li>• Fenugreek seeds</li> <li>• <b>Liquorice</b> root</li> <li>• Burdock root</li> <li>• <b>Hawthorn</b> leaves</li> <li>• Valerian root</li> <li>• <b>Psyllium</b> seed</li> </ul>	<p>Bootea produced a senna-free version of their tea in February 2017 in response to the petition discussed in the main article. I found this product on the Holland and Barrett website, clearly stating '<i>laxative free</i>'.</p> <p>On Bootea's own website, the standard packaging (not stating '<i>laxative free</i>' on the front) is the only version of the product available to purchase and does not contain senna in the list of ingredients. I contacted Bootea for clarification, their response: "<i>We no longer produce or sell the senna version of our Teatox for the UK market, however, a number of our high street retailers may have stock remaining for a limited time.</i>"</p> <p>The amount of senna contained within the standard blend of night-time tea that is still available on Holland and Barrett's website is not stated.</p>	<p>Direct quote from Bootea website: "<i>We will never promote or encourage our customers to go on a 'diet' as we believe (in fact we know) that healthy eating is a lifestyle and not a short-term fix. We have never and will never portray any of our products to be a 'magic formula' to meet your weight loss goals. As with anything, balance is key and we've got you covered with a flexible eating plan and a step-by-step 12-week fitness plan.</i>"</p> <p>Holland and Barrett website: "<i>Following 28 days of use, a break of at least 14 days should be taken before resuming use of the product.</i>"</p> <p>Extensive guidance is now given on the packaging re the contraceptive pill, breastfeeding and other precautions.</p>	<p>Yes, a 12-week meal plan is sent via email when you purchase the product. I have not been able to review this information as I have not purchased the product.</p> <p>A six-week meal plan is also available for £9.99, developed with a nutritionist and personal trainer. From the brief description of the content of the plan stated, it appears sensible (three meals per day plus added snacks).</p>
<p><b>Flat Tummy Tea</b> Morning and evening tea formulations 28 days recommended. Night blend to be taken for 12 of the 28 days in total, each 2-3 days.</p>	<p><i>"Flat Tummy Tea does work naturally to help support your metabolism."</i></p> <p><i>"It's specifically designed to help you kick that bloated, bluggish and blaaaah feeling."</i></p> <p><i>"Cleanse your digestive system."</i></p> <p><i>"Decrease your water retention."</i></p>	<p><u>'Cleanse Tea':</u></p> <ul style="list-style-type: none"> <li>• <b>Senna</b> (leaf)</li> <li>• Peppermint (leaf)</li> <li>• <b>Cassia Chamaecrista</b> (pods) (another name for <b>senna</b>)</li> <li>• <b>Liquorice</b> (root)</li> <li>• Caraway (seed)</li> <li>• <b>Dandelion</b> (root)</li> <li>• Rhubarb (root)</li> </ul>	<p>Senna is listed as top ingredient in night-time blend. When I emailed the company for more information I received this: "<i>As mentioned, our four-week pack contains under 10 grams in total of senna alexandrina pods or less than 1 gram per serving. Rest assured babe, Flat Tummy Tea is super super gentle and safe to drink!</i>" Milligrams of sennosides equivalent unknown.</p> <p>On website it states: "Our Cleanse tea contains a natural, gentle herb that has a mild cleansing effect, so start with a shorter infusion time and work out what's best for your body."</p>	<p><i>"totally fine to take it all year round."</i></p> <p><i>"If you are under 18, please check with a parent before ordering."</i></p> <p>Elsewhere on the official website: "<i>You should consult your doctor before using the products offered on the Site, or any dietary supplement.</i>"</p> <p><i>"There shouldn't be any crazy side effects. Our tea cleanse is 100% natural and doesn't have any nasties in it. Our Cleanse (evening) tea does work to help detoxify your body and may help you go to the</i></p>	<p><i>"Yes, you can and should keep on eating normally while drinking Flat Tummy Tea because we all know a healthy diet is best (come on, at least try)!"</i></p> <p><i>"Vegetables like broccoli, cabbage, Brussel sprouts and cauliflower, have sugars and starches that can</i></p>

	Lots of before and after photos are used, most women are not overweight in before photos.			<p><i>bathroom but don't worry, it's really gentle."</i></p> <p><i>"You might find if you don't drink enough water that you'll get a little dehydrated so make sure you keep the water up."</i></p>	<p><i>cause gas, aka bloating, so go easy on these."</i></p> <p>No meal plans/other specific advice available.</p>
<p><b>Skinny Mint</b> Morning and evening tea formulations 14-28 days recommended.</p>	<p><i>"Reset your body in 28 days."</i></p> <p><i>"Laxative free."</i></p>	<p><u>'Night-time formula':</u></p> <ul style="list-style-type: none"> <li>• Ginger Root</li> <li>• Lemon Grass</li> <li>• Peppermint</li> <li>• <b>Hawthorn</b> Berries</li> <li>• Orange Leaves</li> <li>• <b>Liquorice Root</b></li> <li>• <b>Nettle</b> Leaves</li> </ul>	<p>On the main webpage it states that the night-time blend contains senna, however this isn't listed in the ingredients list. After emailing the company they stated that the products in Europe are the 'light' products that no longer contain senna, however outside of Europe they do.</p>	<p>Night 'cleanse' teabags to be used 'every other day'.</p> <p><i>"Have a six-week rest period between night cleanse programmes."</i></p> <p>It is recommended that <i>"people under the age of 15 get parental consent before taking the products."</i></p> <p><i>"Seek professional advice before using if you are under medical supervision."</i></p> <p><i>"Do not consume this tea if you are pregnant or breastfeeding."</i></p>	<p><i>"This tea should be consumed as part of a balanced diet."</i></p> <p>Dietary advice is given if you subscribe to a newsletter.</p> <p>Another supplement is recommended alongside the teatox programme to 'boost fat burning'. This costs an additional £30 a month and is raspberry ketone based.</p>
<p><b>Slendertoxtea</b> Morning and evening tea formulations 14-28 days recommended contacted for senna dosage 4/9/17.</p>	<p><i>"Organic."</i></p> <p><i>"Specifically designed to help you with your detox diet and push you towards your weight-loss and body-cleansing goals."</i></p> <p>Lots of before and after photographs on website, with women who were not overweight at the start.</p>	<p><u>'Sleptox' blend</u></p> <ul style="list-style-type: none"> <li>• Green Tea (Flower)</li> <li>• <b>Yerba Mate</b> (Plant)</li> <li>• Sacred Lotus (Leaf)</li> <li>• <b>Hawthorn</b> (Fruit)</li> <li>• Orange (Fruit)</li> </ul>	<p>Senna is not listed as present. Slendertoxtea made the decision to remove senna from their products following a petition (discussed in this article).</p>	<p>Official website states the following: <i>"It is fine to do the teatox on a monthly basis, example our 28-day teatox."</i></p> <p><i>"It is not recommended to detox longer than a three-month period without a rest in between. If you feel you gain weight you can start another teatox."</i></p> <p><i>"We recommend a break of one week after your initial 28-day teatox."</i></p>	<p>A free plan can be downloaded whether you purchase a product or not. The plan is in line with NHS guidance on a healthy balanced diet, and does not recommend excessive restriction.</p>

<p><b>SkinnyMe,</b> Morning and evening tea formulations 14-28 days recommended. Evening blend to be taken every second night.</p>	<p>Testimonials state weight losses of between 4-12kg (alongside diet and exercise).</p> <p>Lots of before and after photos used, most women are not overweight in before photos.</p>	<p><u>'Evening cleanse' sachets</u> Herbal extracts equivalent to dry:</p> <ul style="list-style-type: none"> <li>• <b>Senna alexandrina</b> (Senna) leaf 2.7g</li> <li>• Valeriana officinalis (Valerian) root 375mg</li> <li>• Apium graveolens (Celery) seed 600mg</li> </ul>	<p>Senna alexandrina (Senna) leaf: 2.7g Valeriana officinalis. Milligrams of sennosides equivalent therefore unknown.</p>	<p><b>Email response from company after asking for clarification:</b> <i>"The evening cleanse is designed to be consumed every second night, we do not recommend consuming for longer than the 28 days. After that, we would wait 8-10 weeks before commencing another teatox."</i></p>	<p>150 recipes written by a naturopath/nutritionist to aid weight loss, at an unspecified cost.</p> <p>No free dietary information.</p> <p><b>Disclaimer:</b> <i>"Results may vary from person to person. The SkinnyMe Teatox is not a food substitute. For maximum health benefits, it should be consumed in conjunction with a healthy balanced diet and exercise."</i></p>
<p><b>Skinny Teatox</b> Day and night blends, recommended for 7, 14 and 28 days. Evening tea to be consumed every other evening.</p>	<p><i>"Evening Tea: This tea cleanses and detoxifies your body. It's a colon cleanse that flushes out your digestive tract of toxins and unwanted excess which could be making it more difficult for you to lose weight."</i></p> <p><i>"Weight loss; Burn calories Boost metabolism Cleanse Detoxify Suppress appetite Increase energy levels."</i></p>	<p>Ingredients not easy to find. Website states for "<u>detox weight loss tea</u>": Ingredients include:</p> <ul style="list-style-type: none"> <li>• Tea leaves</li> <li>• <b>Senna</b> leaf</li> <li>• Ginseng</li> <li>• Chrysanthemum</li> <li>• Cinnamon bark</li> <li>• Cloves</li> <li>• Rhubarb</li> <li>• Ginger</li> </ul> <p>and more.</p>	<p>Senna is listed, but amount not stated. An email was sent to company requesting this information, no response was received. Milligrams of sennosides equivalent therefore unknown.</p>	<p>The 'skinny Teatox Meal Plan' makes very sensible points in many places but is littered with the odd bit of dubious nutrition advice including: <i>"If you eat fruit with other foods, it may get trapped in the stomach where it will rot and ferment, possibly causing you to get sick. I find that eating fruit and vegetables together works well, but avoid any other combination involving fruit."</i> This part of the website appears to be a guest blog, although this is not stated. I have emailed the company for clarification but did not receive a response.</p> <p>Possible reduced effectiveness of the contraceptive pill is reported.</p>	<p>This is a Canadian company and the site (to its credit) has a hyperlink to the government's evidence-based advice regarding a healthy balanced diet.</p>

**Table 1.** A summary of six teatox companies available in the UK with regards to health claims, ingredients, laxative ingredients, dietary advice and any warnings/guidance. Ingredients that act as diuretic and laxative agents are highlighted in **bold**. Three other popular teatox companies available in the UK were identified as containing senna (Lyfe Tea, Teatu, Teami). A company that is proud to state that their detox teas do NOT contain senna include The Skinny Tea Co. Direct quotes are shown in italic font and

between quotation symbols. The above information was correct as per company websites at the time of writing (13/9/17 at latest).

\* Psyllium is a type of bulk forming laxative as opposed to senna which irritates the lining of the bowel.