

PEPPERMINT

PRODUCT INFORMATION PAGE



Product Summary

Peppermint has an invigorating and fresh mint aroma. This amazing and versatile essential oil has been widely studied for its potential health benefits and for its ability to enhance mental acuity. It is also known for its impressive support of digestive functions.*

Peppermint is native to Europe and is a hybrid of the wintergreen and spearmint plants. Growing to approximately 2 feet tall, peppermint plants bloom from July through August, sprouting tiny, purple flowers in whorls and terminal spikes. Preparations for extracting peppermint essential oil begin with the leaves and flowering tops of the plant, where menthol—peppermint’s primary active component—is extracted.

Primary Benefits

- One of the oldest and most highly regarded herbs for soothing digestion*
- Supports digestive efficiency *
- May improve taste and smell when inhaled*
- May improve concentration and mental acuity*

Who Should Take Peppermint Essential Oil?

- Individuals seeking a natural way to soothe muscles*
- Those looking to fill the air with a fresh, energizing aroma
- Those looking for a lift in mental acuity and concentration*
- Anyone seeking natural support for proper digestive function*

Supplement Facts

Serving Size: 2 drops
Servings Per Container: About 125

Amount Per Serving	%DV
Peppermint (<i>Mentha piperita</i>)† leaf	120 mg **

**Daily Value (DV) not established.

Suggested Use

- **Dietary:** Add 1 drop to a glass of water, tea, or any other beverage to increase flavor or calm digestive upset.*
- **Topical:** Apply 1 drop oil to 2 drops V-6 Vegetable Oil Complex and apply wherever desired. Do not apply peppermint essential oil to a fresh wound or burn.
- **Aromatic:** Diffuse up to 1 hour 3 times daily or inhale directly for aromatherapy.

Cautions

- Keep out of reach of children.
- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.
- Possible skin sensitivity.

Did You Know?

- The term “mint” is from the Greek name Mintha, a mythological nymph transformed into a plant by the goddess Persephone after she learned of her husband Pluto’s love for her.

- Alan Hirsch, MD, studied peppermint's ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals.*
- You can mix a 15-ml bottle of peppermint essential oil into a 5-gallon can of paint to dispel the fumes.

Complementary Products

- DiGize Essential Oil Blend
- Essentialzymes-4
- Ortho Ease Massage Oil

Key Scientific Studies

- Lawless J. (1995) *The Illustrated Encyclopedia of Essential Oils*. Great Britain: Barnes and Nobel, INC, p. 175.
- Lis-Balchin M. (2006) *Aromatherapy Science: A guide for Healthcare Professionals*. Great Britain: Gray Publishing, p. 275-281.
- Blumenthal M. (2000) *Herbal Medicine, Expanded Commission E Monographs*. Austin, Texas, American Botanical Council, p. 300-303.

Product Information

Peppermint Essential Oil—15 ml
Item No. 3614

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.