

# Peppermint

*Mentha piperita* 15 mL

dōTERRA®

Product Information Page



**CPTG** Certified Pure Tested Grade®

**Application:** **A** **T** **I** **S**

**Plant Part:** Leaf/Stem

**Extraction Method:** Steam distillation

**Aromatic Description:** Minty, fresh, herbaceous

**Main Chemical Components:** Menthol, menthone, menthyl acetate

**Peppermint** | *Mentha piperita* 15 mL

**30190001**

## Primary Benefits

- + Provides an inspiring, refreshing aroma
- + Promotes digestive health when taken internally\*
- + May be soothing when used in a massage
- + Promotes healthy respiratory function and clear breathing when used internally\*

## Description

The peppermint plant, a hybrid of water mint and spearmint, is a powerhouse of nature. Popular for centuries, peppermint's versatility comes from its remarkable combination of flavor, aroma, and potential wellness benefits. CPTG® Peppermint essential oil has a distinctive and invigorating aroma that creates a positive, energizing atmosphere perfect for mental and physical activity.

Clinical research suggests that ingesting Peppermint promotes healthy gut flora, healthy digestive function, and may help alleviate digestive discomfort.\* It may also support cognitive health and function when four drops are consumed.\* Due to the oil's high menthol content, Peppermint may be soothing when used in a massage. It also has a cooling effect when used topically and may provide the feeling of open airways when inhaled. A culinary chameleon, Peppermint works in both sweet and savory dishes. From candies to sauces, it can transform the ordinary into the extraordinary.

## Uses

- + Diffuse or place a drop in palm of hand and inhale.
- + Take one to two drops in a veggio cap to help alleviate occasional stomach upset.\*
- + Add a drop to a favorite recipe.

## Directions

**Aromatic use:** Add 3–4 drops to diffuser of choice.

**Internal use:** Dilute one drop in 4 fluid ounces of liquid.

**Topical use:** Apply 1–2 drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

See additional precautions below.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

### Application Methods

**A** Aromatic **T** Topical **I** Internal **H** Home Care

### Skin Sensitivity

**N** Neat **D** Dilute **S** Sensitive Skin

\*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.