

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.