



# dōTERRA Peppermint FAQs

*Mentha X piperita* herb oil essential 1 mL/mL. 15mL

June 2020

## WHAT IS THE NEW THERAPEUTIC dōTERRA PEPPERMINT OIL?

We are pleased to announce the new therapeutic dōTERRA Peppermint Oil has been produced and filled in our newly audited and approved production facility to permit therapeutic product manufacturing for the Australian market. This allows dōTERRA to make permitted therapeutic claims as per the assigned Australian Register of Therapeutic Goods (ARTG) listing and directions for use. This therapeutic good is regulated by the Therapeutic Goods Administration (TGA) – a first in the dōTERRA Australian market essential oil range.

## WHAT IS THE AUSTRALIAN REGISTER OF THERAPEUTIC GOODS (ARTG)?

The Australian Register of Therapeutic Goods (ARTG) is a database of the Therapeutic Goods Administration (TGA). It provides information on certain therapeutic goods that can be supplied in Australia. If a therapeutic good is not entered on the ARTG, it is not permitted to be supplied in Australia. The TGA is a part of the Australian Government Department of Health and is responsible for regulating a range of therapeutic goods including, but not limited to, medicines, medical devices, blood and blood products.

## WHAT ARE THERAPEUTIC GOODS?

A Therapeutic Good is generally a medicine or medical device, but also includes Complementary medicines. Complementary medicines are also known as 'traditional' or 'alternative' medicines, and these include vitamin, mineral, herbal and aromatherapy products.

As part of our daily lives, many of us use a variety of therapeutic goods such as bandages, painkillers, medication and/or medical devices (pacemakers, artificial hips and contact lenses).

## IS THE NEW THERAPEUTIC dōTERRA PEPPERMINT OIL AVAILABLE IN BOTH AUSTRALIA AND NEW ZEALAND?

The TGA is an Australian Government body that regulates therapeutic goods in Australia. As such, the new therapeutic dōTERRA Peppermint oil is only available in Australia. Different regulations apply in New Zealand. We will continue to explore our product offerings within the New Zealand regulatory environment.

## THE LABEL ON THE NEW THERAPEUTIC dōTERRA PEPPERMINT OIL SAYS FOR INHALATION USE. WHAT DOES THIS MEAN?

"Inhalation" is the process or act of breathing in, taking air and sometimes other substances into your lungs. In this instance the inhalation is similar to aromatic use. If you use an essential oil aromatically, it means that you experience the properties or aroma of the oil through the air and inhale the essential oil.

## WHAT ARE THE CLAIMS THAT WE CAN MAKE FOR THE NEW THERAPEUTIC dōTERRA PEPPERMINT OIL?

The claims we can make for the new therapeutic dōTERRA Peppermint Oils include

For inhalation use only:

- Supports cognitive or mental function.
- Helps reduce and relieve symptoms of mild head tension or headache.
- Traditionally used in Aromatherapy to relieve cough.
- Reduces and relieves flatulence.
- Support general health and wellbeing.

Directions for Use: 'For inhalation use only. Add 0.18 -0.24mL oil (3-4 drops) in a vaporiser of hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale. Use up to 3 times per day.

ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF SYMPTOMS PERSIST PLEASE SEE YOUR DOCTOR / HEALTHCARE PROFESSIONAL.

Refer to the Product Information Page (PIP) for any further queries.



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## **THE LABEL TALKS ABOUT VAPORISER – WHAT IS THE DIFFERENCE BETWEEN A DIFFUSER AND A VAPORISER?**

A Vaporiser uses steam to disperse a fine mist, whereas a diffuser utilises ultrasonic technology which is the movement of particles to create a fine mist. Both methods are appropriate for inhalation use.

## **THE LABEL SAYS FOR ADULTS ONLY. CAN I DIFFUSE THIS AROUND MY CHILDREN?**

The label, directions and claims are specific for adult use only and to be kept out of reach of children. The product can be diffused in a diluted form by considering ventilation, room size and humidity for aromatic purposes and in accordance with the directions for use.

## **IS PEPPERMINT THE ONLY OIL THAT HAS THERAPEUTIC BENEFITS?**

Currently in Australia, we are pleased to announce our new therapeutic dōTERRA Peppermint Oil is the first oil to be listed on the Australian Register of Therapeutic Goods (ARTG).

We are looking forward to bringing you more ARTG listed oils in the very near future.

This page provides assistance with some of the frequently asked questions about the new therapeutic dōTERRA Peppermint Oil and may be updated to reflected any changes. We will indicate at the top of the FAQ when it was most recently updated. If you have any further queries or questions and cannot find the answer you are looking for, please contact AUS Member Services at [australia@doterra.com](mailto:australia@doterra.com)

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