

Peppermint

Mentha piperita 15 ml

dōTERRA™ | EUROPE

PRODUCT INFORMATION PAGE



CPTG™

PRIMARY BENEFITS

- Refreshing and powerful flavour addition to smoothies, cakes and desserts

PRODUCT DESCRIPTION

Consistently one of dōTERRA's best sellers, Peppermint is always a useful oil to have on hand. Peppermint adds a refreshing, minty taste to desserts, beverages, smoothies, and even savoury dishes. A high menthol content – like that found in the dōTERRA Peppermint essential oil – distinguishes the best quality Peppermint oil from other products. Peppermint is also frequently used in toothpaste and chewing gum for oral care.

USES

- Try adding one drop of Peppermint oil to your morning smoothie to start your day feeling more refreshed than ever.
- When the summer heat seems to overwhelm you, add one drop of Peppermint oil and a cut fruit like strawberries or limes to a glass of water for a deliciously infused beverage.
- Mix a drop of Peppermint oil with a drop of Lemon essential oil in water for refreshing mouth rinse.

A MINTY REFRESHMENT

If you are a fan of refreshing drinks, Peppermint oil is your new go-to! When the summer heat seems to overwhelm you, add one drop of Peppermint oil to a glass of water with strawberries or limes for flavourful water. This summer refreshment gives you all the flavour without the processed sugars and preservatives that are added to store-bought drinks.

DIRECTIONS FOR USE

For food flavouring.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Keep out of eyes, inner ears, face, sensitive areas, and mucosa.

