



# THERAPEUTIC RANGE

AUS ONLY SKU: 60209189

## dōTERRA® PEPPERMINT

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

### PRIMARY BENEFITS

#### INHALATION:

- Traditionally used in Aromatherapy to:
  - Support cognitive or mental function
  - Help reduce and relieve symptoms of mild head tension or headache
  - Reduce and relieve flatulence,
  - Reduce/relieve cough

#### ORAL:

- Traditionally used in Western herbal medicine to reduce/relieve:
  - Colic
  - Flatulence
  - Abdominal discomfort
  - Digestive spasms
  - Vomiting
  - Nausea
  - Mild throat inflammation
  - Symptoms of sore throat
- Supports general health and wellbeing

#### ORAL APPLIED (DIRECTLY TO MOUTH CAVITY):

- Traditionally used in Western herbal medicine to reduce/relieve:
  - Toothache

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



Certified Pure Tested Grade

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**AUST L 332583**

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## dōTERRA® PEPPERMINT

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

*Minty, fresh, herbaceous*

*Aromatic description*

### PRODUCT DESCRIPTION

The peppermint plant is a hybrid of watermint and spearmint and was first described by Carl Linneaus in 1753.

A high menthol content—like that found in the dōTERRA® Peppermint essential oil—distinguishes the best quality Peppermint from other products.

Peppermint oil has been traditionally used in Aromatherapy to relieve cough, support mental function and help relieve the symptoms of mild tension headache.

In traditional Western herbal medicine, Peppermint oil has been taken orally to relieve abdominal discomfort, relieve nausea, relieve vomiting, relieve symptoms of sore throat, relieve mild throat inflammation and applied orally (directly to the mouth cavity) to relieve toothache.

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### DIRECTIONS FOR USE

Adults only. Use up to 3 times per day.

FOR INHALATION USE: Add 0.18 -0.24mL oil (3-4 drops) in a vaporiser or hot water and inhale deeply. Alternatively, add 0.3mL (5 drops) onto a tissue, hold near the nose and inhale.

FOR ORAL USE: Dilute 0.06 mL oil (1 drop) in a glass of water or tea and drink immediately.

FOR DIRECT ORAL APPLICATION: Apply 0.06mL oil (1 drop) to the affected area of the mouth.

### CAUTIONS

ADULTS ONLY. KEEP OUT OF REACH OF CHILDREN. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears and sensitive areas.

PLANT PART: Leaf/stem

EXTRACTION METHOD:  
Steam distillation

MAIN CHEMICAL COMPONENTS:  
Menthol, menthone, eucalyptol



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