

Japanese Mint

Mentha arvensis 15 ml

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PRODUCT INFORMATION PAGE



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PRIMARY BENEFITS

- Similar to Mint, it has a cool, minty flavour.
- A flavourful, refreshing addition to smoothies, teas and homemade lemonades.
- Due to its high menthol content, a small amount goes a long way in savoury and sweet recipes.
- Blends well with Lemon, Grapefruit, Basil and Tangerine.
- The aroma of Japanese Mint is fresh and crisp.

PRODUCT DESCRIPTION

The Japanese mint plant, *Mentha arvensis*, is a species of mint native to both North America and eastern Asia. It has many uses and the leaves and stems of this perennial plant are steam distilled to produce Japanese Mint essential oil. Although it's similar to Peppermint oil, Japanese Mint essential oil contains a higher percentage of the chemical constituent menthol, giving it a more potent, minty aroma. For this reason, Japanese Mint is often the ingredient of choice in many commercial lozenges. From sweet treats to savoury dishes, infuse recipes with the qualities and flavour of Japanese Mint for a refreshing taste with every bite.

USES

- Add a refreshing, cool burst of flavour to sweet treats such as cakes, biscuits and pastries.
- Use in place of the mint plant or dried herb in recipes.
- Create a homemade, refreshing mint lemonade by mixing juiced lemons, water, sugar and a drop of Japanese Mint.
- During long hot days, add one drop to a glass of water to stay hydrated and energised.

DIRECTIONS FOR USE

For food flavouring. Keep tightly closed and store in a cool place.

CAUTIONS

Only use diluted. Take no more than one drop per day. Keep out of reach of children. Keep out of eyes and mucosa.

