

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.

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.

