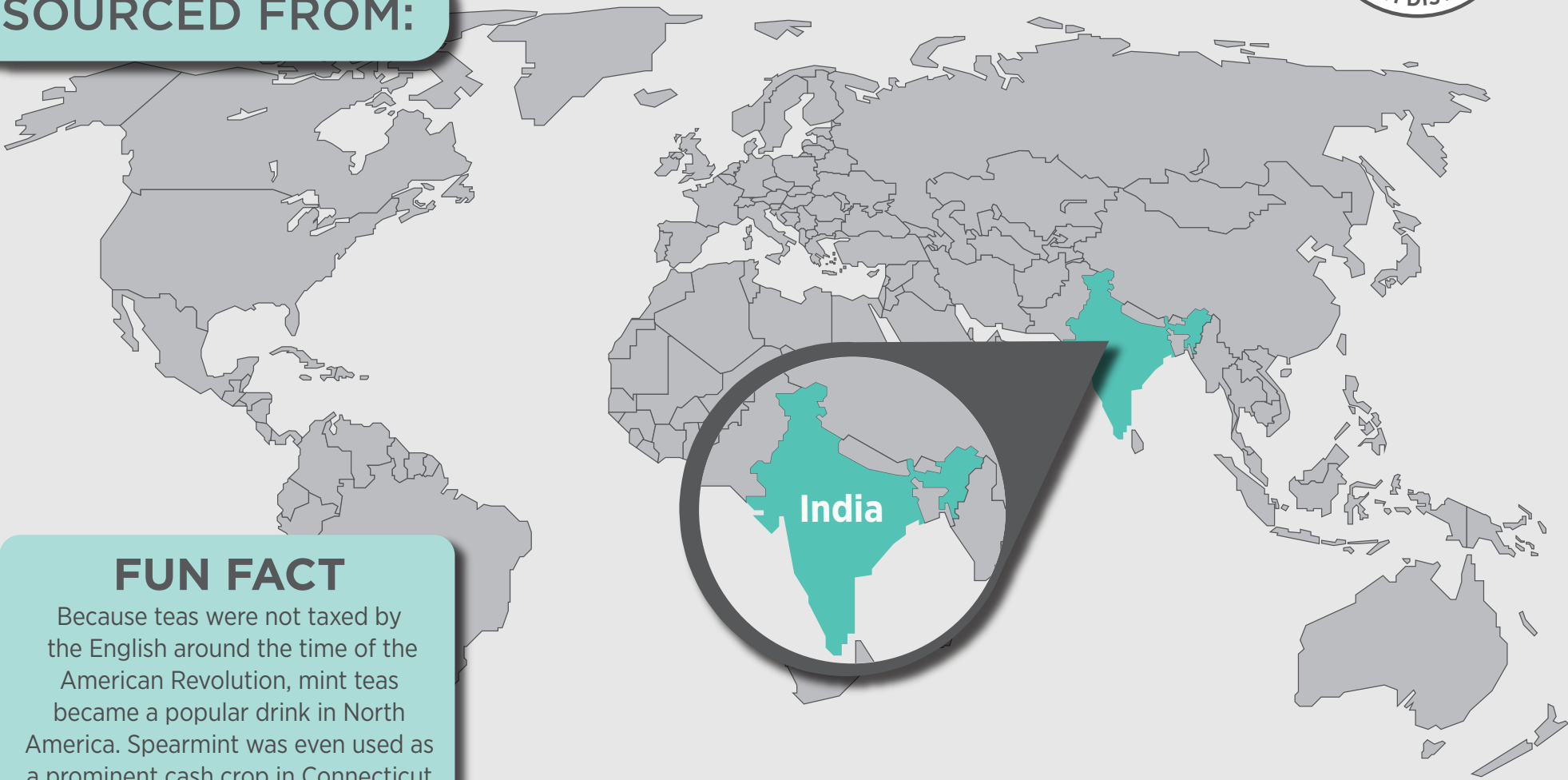


Spearmint A T I S



SOURCED FROM:



FUN FACT

Because teas were not taxed by the English around the time of the American Revolution, mint teas became a popular drink in North America. Spearmint was even used as a prominent cash crop in Connecticut during this time.

WHAT IT TAKES TO MAKE A BOTTLE:

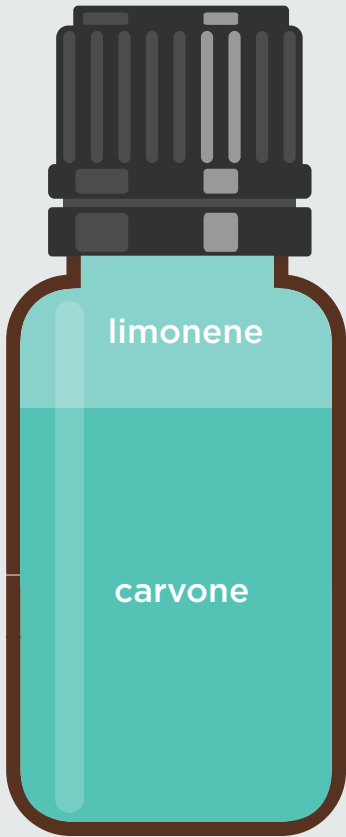


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It takes 3.3 pounds of spearmint plant matter to produce 15 mL of Spearmint essential oil.

CHEMISTRY:



The main chemical constituents and associated benefits of spearmint are:

uplifting

soothing

Graph represents chemical compounds most prevalent in this essential oil. Additional constituents may be found.

RESEARCH:

111

Published studies on the benefits of spearmint

Numbers according to PubMed as of December 2017

FUN FACT

In the Middle Ages, spearmint was commonly scattered on the floor to get rid of rodents and encourage good health.

WORKS WELL WITH:

