

Peppermint

Mentha piperita Oil 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: I | S

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

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. Frequently used in toothpaste and chewing gum for oral hygiene, Peppermint also helps promote digestive health when taken internally. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

USES

- Add a drop to your favorite smoothie recipe for a minty twist.

DIRECTIONS FOR USE

Internal use: Dilute one drop in 120 mL of liquid.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.

PRIMARY BENEFITS

- Promotes digestive health when taken internally.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.