

Peppermint (Food)

Mentha piperita 5 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: ⓘ

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

PRIMARY BENEFITS

- Invigorating to the senses promoting an uplifted cheery feeling

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SKU: 60212264



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 is frequently used in toothpaste and chewing gum for oral hygiene. Peppermint continues to be one of the best-selling favorites among dōTERRA essential oils.

USES

- Use a drop of Peppermint with Lemon in water for a healthy, refreshing mouth rinse.
- Add a drop to your favorite smoothie recipe for a refreshing twist.

DIRECTIONS FOR USE

Internal use: Dilute one drop in 120mL. 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.