

# Peppermint

*Mentha piperita* 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



**Application:** **Plant Part:**  
A T I S Whole plant

**Extraction Method:**  
Steam distillation

**Aromatic Description:**  
Minty, hot, herbaceous

**Main Chemical Components:**  
Menthol

## PRIMARY BENEFITS

- Promotes healthy respiratory function and clear breathing\*
- Promotes digestive health\*
- Repels bugs naturally

## 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 health, Peppermint also helps to alleviate occasional stomach upset and promotes healthy respiratory function.\* 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.
- Take one to two drops in a Veggie Capsule to alleviate occasional stomach upset.\*
- Add two to three drops to your favorite smoothie recipe for a refreshing twist.
- Place one drop in palm of hand with one drop Wild Orange and one drop Frankincense and inhale for a mid-day pick-me-up.

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of your choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

## 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.

Statements with asterisks refer to internal use. All others refer to aromatic or topical use.



\* 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.