

Peppermint

Oil Natural Flavor 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



CPTG

Application: **I** | **S**

Plant Part: Leaf/Stem

Extraction Method: Steam distillation

Aromatic Description: Minty, fresh, herbaceous

Main Chemical Components: Menthol, menthone, eucalyptol

PRIMARY BENEFITS

- When ingested, promotes healthy respiratory function and clear breathing
- Promotes digestive health when taken internally

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 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 4 fl. oz. 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.

