

PRODUCT SUMMARY

Peppermint⁺ essential oil food supplement (Mentha piperita) has a bright, cool flavour, with benefits that include gastrointestinal comfort and normal digestion support, in addition to its great taste. Store Young Living Peppermint⁺ oil in your pantry as a flavouring agent or a food supplement.

Peppermint⁺, part of our Plus line for culinary and dietary use, is a versatile oil with a well-loved flavour. As a food supplement, Peppermint⁺ oil helps to support the digestion process. This factor makes it a great way to start your day or end a meal. Additionally, Peppermint⁺ oil supports the optimal functioning of the respiratory system.

Because of its great taste, it's easy to add this versatile oil to your tea or experiment with it in your baking.

PRIMARY BENEFITS

- Helps to support the digestion
- Supports the optimal functioning of respiratory system

PEPPERMINT⁺ ESSENTIAL OIL USES

- Add to your daily dietary supplements as overall support for healthy digestive system comfort
- Simply add 1-2 drops in a vegetarian gel capsule and take daily or as needed
- Include a drop in a tall glass of cool water for a refreshing start to your morning
- Blend with your pre-workout drink for an energising start or wind down after your workout with a mint-infused chocolate or vanilla protein shake
- Use in baking and in a wide variety of desserts



SUGGESTED USE

Put 2 drops in a capsule. Take 3 times daily.

INGREDIENTS

Mentha piperita leaf oil

COMPLEMENTARY PRODUCTS

- Peppermint essential oil
- Spearmint essential oil