

### Product Summary

Peppermint (*Mentha piperita*) is one of the oldest and most highly regarded herbs for supporting normal digestion, including promoting healthy intestinal function and gastrointestinal system comfort.\* This essential oil has been widely studied for its potential health benefits.\* Peppermint is a hybrid of the watermint and spearmint plants and is native to the Middle East and Europe. Growing to approximately 2 feet tall, peppermint plants bloom from July through August, sprouting tiny, purple flowers.

### Ingredients:

Peppermint (*Mentha piperita*)† leaf oil  
†100% pure, therapeutic-grade essential oil

### Primary Benefits

- Supports gastrointestinal system comfort\*
- Promotes healthy bowel function\*
- Maintains efficiency of digestive tract\*
- Supports normal digestion\*
- May support performance during exercise \*

### Suggested Use

- Dietary: Put 2 drops in a capsule. Take 3 times daily or as needed.

## Supplement Facts

Serving Size: 2 drops

Amount Per Serving	%DV
Peppermint ( <i>Mentha piperita</i> ) leaf oil	120 mg**

\*\*Daily Value (DV) not established.



### Caution

- Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Not intended for use with infants.

### Complementary Products

- DiGize™ Essential Oil Blend
- AromaEase™ Essential Oil Blend
- Digest & Cleanse™
- Essentialzymes-4™
- AlkaLime™

### Did You Know?

- Peppermint generally grows best in moist, full sun or partly shaded locations.
- The term "mint" is derived from the Greek name "Minthe," a mythological nymph transformed into a plant by the goddess Persephone after she learned of her husband Pluto's love for Minthe.
- Ancient Romans and Greeks used to adorn themselves in crowns made of peppermint.