



Spearmint

Botanical Name: *Mentha Spicata*

We've worked closely with our Egyptian producers and suppliers. Spearmint usually has a harvesting window between May and July. Whether consumed fresh, dried or as an essential oil, many health benefits have been attributed to spearmint. Used to help alleviate symptoms of nausea, indigestion, gas, headache, toothaches, cramps and sore throat. It can be enjoyed as a refreshing, caffeine free morning infusion, or after food - it makes a great palate cleanser.

TASTING NOTES: Minty, herbaceous and sweet.

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Egypt.



Now that you know more about Spearmint, you should check out our blends with Spearmint. Zimbabwe Hearts, Casablanca Mint, Luxor Lemon, Namibia Nights

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