



🌿 Peppermint *Mentha piperita*

The high menthol content of the doTERRA Peppermint essential oil sets it apart from others when it comes to quality—making it one of the best-selling favorites among doTERRA essential oils.

Part Number: 30190001

Size: 15 mL

Wholesale: \$20.50

Retail: \$27.33

PV: 20.50

Primary Benefits

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



Aromatic Description

Minty, fresh, herbaceous

Collection Method

Steam Distillation

Plant Part

Whole Plant

Main Constituents

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 doTERRA Peppermint essential oil—distinguishes the best quality Peppermint from other products. Frequently used in toothpaste and chewing gum for oral hygiene, Peppermint also helps alleviate occasional stomach upset and promotes healthy respiratory function.* Peppermint continues to be one of the best-selling favorites among doTERRA

*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.

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 doTERRA Fractionated Coconut Oil to minimize any skin sensitivity

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.

