



Ice E Oil Essential Oil Data Sheet

Peppermint Ice E Oil Pure Essential Oil

Common Name: Peppermint
Latin Name: *Mentha piperita*
Other names: brandy mint, balm mint
Family: Lamiaceae

Source: This oil is sourced from the fresh leaves of the herb.

Description: Peppermint is a hybrid mint, a cross between watermint and spearmint. The plant, indigenous to Europe and the Middle East, is now widespread in cultivation in many regions of the world. The smell of peppermint is sharp, sweet, and mentholated.

Extraction Method: Steam distillation is a separation process for temperature sensitive materials like natural aromatic compounds. Water vapor carries small amounts of the vaporized compounds to a condensation flask, where the condensed liquids separate, allowing for easy collection. This process effectively allows for distillation at lower temperatures, reducing deterioration of the compounds and creating a higher quality product.

Country of origin: India

History: Ancient Egyptians used peppermint dried peppermint leaves were discovered in pyramids that have been carbon dated to 1,000 BC. The Romans grew mint and peppermint in their gardens for its medicinal purposes, especially as a digestive aid. They also used mint and peppermint as a ground cover, especially between stepping stone pathways. Essence of Peppermint was patented in 1762 by John Juniper and became one of several 18th century English patent medicines to continue in production into the 20th century. Constituents: Menthol, menthone, menthyl acetate, menthofuran, limonene, pulegone, cineol, and others.

Types of Use: aromatic, home use, topical when well diluted, as a supplement only with advice from a trained professional

Uses: Peppermint has been used to help Irritable Bowel Syndrome (IBS), with motion sickness, indigestion, nausea, sore throat, diarrhea, headaches, toothaches, and cramps. It can be used to deaden pain, to relieve itching, for temporary relief of headaches, to help with organ function, to calm pain from shingles, neuralgia and sciatica, as a cooling agent, and to cool a fever. It can be used as a mood enhancer, for nausea, to stay alert, to heal a cold sore, for painful menstruation, and to help energize.

Dilution Guidelines: For aromatic use, add 510 drops of oil per one cup of water. If using topically, dilute well with carrier oil. For household/environmental purposes dilution varies based on intended purpose. Take internally only with advice from a trained professional.

Warnings: Peppermint oil is likely safe when taken by mouth in medicinal amounts or when applied to the skin. The leaf is possibly safe when taken in amounts used for medicine shortterm (up to 8 weeks). The safety of using peppermint leaf longterm is unknown. Peppermint can cause some side effects including heartburn and allergic reactions including flushing, headache, and mouth sores. Peppermint oil, when taken by mouth in pills with a special (enteric) coating to prevent contact with the stomach, is possibly safe for children 8 years of age and older. Not enough is known about the safety of taking larger amounts if you are pregnant or breastfeeding. Entericcoated peppermint oil could cause anal burning, if you have diarrhea. Shelf Life and Storage Recommendations: Store oils in a cool, dark place and avoid extreme changes in temperature to ensure the longest life for your collection. You can expect this oil to remain in good condition for four years and even longer when cared for properly. Decant large bottles into smaller bottles to protect one bottle from oxidization for longer periods. Due to their chemical makeup, essential oils do not turn rancid like vegetable oils; they degrade gradually into a state where the therapeutic properties become diminished.

NOT intended to diagnose, treat, cure, and/or prevent any disease or medical disorder. For educational purposes only. NOT intended for internal use. If considering oral consumption seek out the advice of a qualified medical doctor and/or expert, certified aroma therapist. As with all natural supplements it is advised that you inform your medical doctor of the use of this and all essential oils. If going to apply directly to the skin (topical use) it is advised that you perform a small skin patch test to check for sensitivities and refer to suggested dilution guidelines using a carrier oil (ex: fractionated coconut oil, almond oil, jojoba oil, grape seed oil). Keep away from children and pets. This information has NOT been evaluated by Health Canada.

Ice N Fire is dedicated to sourcing 100% pure and natural oils free of pesticides, synthetic fertilizers and herbicide residue.