

Peppermint

Did You Know?

Peppermint is native to Europe and is a naturally-occurring hybrid of the watermint and spearmint plants.

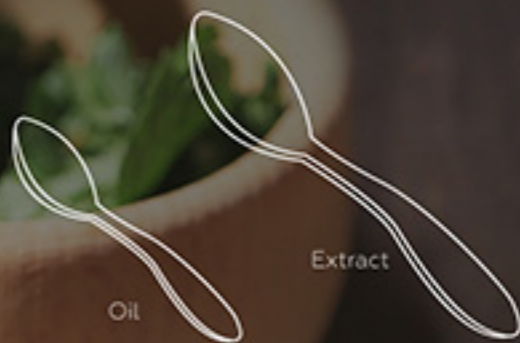


Peppermint essential oil's primary active component—menthol—is extracted from the leaves and flowering tops of the peppermint plant.



It takes approximately a pound of peppermint plant to make 1 bottle of essential oil.

Young Living Peppermint essential oil is roughly 4 times as concentrated as typical peppermint extract. Peppermint extract is liquid alcohol flavored with peppermint.



Substitute 1/8 teaspoon of Young Living Peppermint essential oil per teaspoon of peppermint extract, then add more drops of oil until you're satisfied with the flavor.

Peppermint plants grow approximately 2 feet tall

Peppermint is one of the oldest and most highly regarded herbs for supporting digestion. Add a drop of peppermint essential oil to herbal tea to help soothe an occasional upset stomach.*

These numbers are approximations because the essential oil content in plant material can vary from batch to batch due to environmental factors (time of harvest, amount of sunlight, amount of water, etc.)

*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.

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