

Product Profile

PEPPERMINT SPIRITS

Mentha piperita

Liquid extract of dried leaf blended with essential oil of fresh herb.

Actions: Stomachic that enhances circulation and secretions of stomach; stomach antispasmodic and carminative; relieves nausea and vomiting; checks abnormal fermentation in stomach. Breath freshener. Flavorful, aromatic corrigent.

Uses: Agreeable taste makes Peppermint especially useful in various maladies of the stomach, and, to a lesser degree, the intestines: stomach upset, gastro-intestinal spasms, flatulent colic; to allay nausea and vomiting and ease diarrhea discomfort. Promotes good digestion and relieves indigestion. Eases griping caused by laxatives. Excellent adjunct in treating gastro-intestinal symptoms associated with maladies of the gall bladder and pancreas. Excellent, quick-acting remedy for hiccup. Produces sweating and promotes recovery from colds and flu (taken in hot water). Taken internally and rubbed into the temples and forehead, it gives relief from nervous headaches, migraines and sick headaches.

Dose: Take 20 to 40 drops in half-cup water, 2 to 5 times per day. Best taken after meals to facilitate good digestion or relieve indigestion.

Cautions: Do not take undiluted extract drops internally. When applying topically, take care not to get the extract or its vapors in the eyes.



Excerpted from the [Therapeutic Herb Manual](#) by Ed Smith. The [Therapeutic Herb Manual](#) is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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