



Product Information and Traditional & Alternative Uses

The proven benefits of using peppermint make it the go-to essential oil for headaches. Its constituents also soothe feelings of nausea and help restore a healthy appetite after illness. It is also known to enhance brain functionality, eliminate mid-day sluggishness and enable a better level of alertness.

- 1 IRRITABLE BOWEL SYNDROME
- 2 REDUCES BAD BREATHE
- 3 RELIEVES HEADACHE
- 4 HELPS WITH INDIGESTION
- 5 REDUCES NAUSEA
- 6 REDUCES BAD BREATHE
- 7 IMMUNE STIMULATE
- 8 REDUCES STOMACHACHE
- 9 TEETHING

Primary Use - Digestive Support:

IRRITABLE BOWEL SYNDROME: Add two drops in a capsule with two drops of a carrier twice daily or as needed.

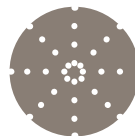
REDUCES BAD BREATHE: Add 3-4 drops to 8oz of water and use as a gargle. Gargle for 30-45 seconds. Or place one drop under the tongue followed with a glass of water.

TEETHING: Mix Loyol peppermint oil with a carrier oil at a 1:1 ratio and rub on the gum area.

A HEADACHE: Mix Add 1-2 drops of Loyol peppermint to 1-2 teaspoons of honey. Add honey and peppermint mixture to 8 oz of water. Allow time for it to dissolve. Drink slowly over 5-10 minutes while inhaling the aroma of the tea. Enhance by putting 1-2 drops of Aeroma peppermint behind your ears, back of the neck, and temples.

*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.

**Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.



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