

Product Information and Traditional & Alternative Uses

Spearmint essential oil is regularly used as a substitute for peppermint as it shares similar benefits but delivers them without over-stimulation of the circulatory system, making spearmint ideal for expectant mothers and those with high blood pressure. Children also enjoy its mild taste. It readily assimilates to relax the body and mind and is often used for upset stomach.

- | | | |
|-----------------------------------|----------------------|----------------------|
| 1 STIMULANT | 5 INDIGESTION | 9 COLDS |
| 2 REDUCE BAD BREATH | 6 NAUSEA | 10 HEADACHES |
| 3 IRRITABLE BOWEL SYNDROME | 7 SORE THROAT | 11 TOOTHACHES |
| 4 FLATULENCE | 8 DIARRHEA | |

Primary Use - Stimulant:

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

NAUSEA: 1 drops by mouth daily or as needed

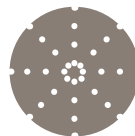
A SORE THROAT: 1 drops by mouth daily or as needed.

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.



Try Me!

