



NATURE'S SUNSHINE

Peppermint Oil

GOOD FOR

Digestive System

Stomach

SIZE **0.17 fl oz**ITEM # **1706**SERVING **2-3 drops**

DIRECTIONS FOR USE Add 2-3 drops of peppermint oil to 8 oz. of water for a refreshing aftermeal drink.

— How the Key Ingredients Work

Peppermint Oil brings together the time-honored power of one of nature's most beloved herbs to support everyday comfort, a settled stomach, and a calmer, more relaxed feeling. Each softgel delivers the pure, concentrated goodness of peppermint in a form your body can put to work right away.

Peppermint Oil – Digestive Comfort — Peppermint oil is one of the most well-studied natural options for a happy, settled belly. Research involving hundreds of people found it helped ease general stomach discomfort and supported a more comfortable digestive experience overall — making it a go-to herb for anyone who wants to feel better after meals.

Peppermint Oil – Abdominal Ease — Feeling bloated, crampy, or just plain uncomfortable in your midsection? Peppermint oil has been shown in multiple well-designed studies to meaningfully reduce abdominal discomfort. Its naturally occurring active component, menthol, helps the muscles of the digestive tract relax so things can move along more smoothly and comfortably.

Peppermint Oil – Soothing the Gut — The digestive system can sometimes feel like it has a mind of its own. Peppermint oil supports a calmer, more cooperative gut by helping ease the kind of tension and spasm that can make your stomach feel tight or unsettled. It's been a trusted digestive herb for centuries, and modern research backs up that tradition.

Peppermint Oil – Heartburn Awareness — It's worth knowing that peppermint oil can relax the valve between the esophagus and the stomach, which means people who already experience frequent acid reflux or heartburn may want to choose an enteric-coated form. That way the oil bypasses that area and gets to work further down in the digestive tract where it's most helpful.

Peppermint Oil – Antioxidant Support — Peppermint is naturally rich in plant compounds — including rosmarinic acid and several beneficial flavonoids — that act as antioxidants in the body. Antioxidants help protect your cells from everyday wear and tear caused by free radicals, supporting your body's built-in defenses and contributing to your overall sense of vitality and wellness.

Peppermint Oil – Everyday Calm — Feeling on edge? The refreshing scent of peppermint oil isn't just pleasant — it may actually help take the edge off anxious feelings. Clinical trials have shown that peppermint aromatherapy helped reduce feelings of anxiety in people in stressful situations, making it a wonderfully simple way to support a calmer state of mind.

Peppermint Oil – Stress & Relaxation — Whether you're dealing with a hectic day or just need a moment to decompress, peppermint has a long tradition of being used to help the mind and body unwind. Research in clinical settings found measurable reductions in anxiety scores when people were exposed to peppermint, suggesting it can play a real role in everyday stress support.

Peppermint Oil – A Centuries-Old Herb — Peppermint has been used for wellness purposes for hundreds of years across Europe and the Middle East, long before modern science caught up with what traditional herbalists already knew. Today it's one of the most widely cultivated and studied herbs in the world, valued for its broad support of digestive health, comfort, and calm.

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