



NATURE'S SUNSHINE

Peppermint

GOOD FOR

Nervous System

Muscles

Brain

SIZE **15 ml**

ITEM # **3850**

DIRECTIONS FOR USE Essential oils may be used aromatically or topically in a variety of ways, including diffusers, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

— How the Key Ingredients Work

Peppermint has been trusted for centuries to help the body feel its best from the inside out. This single-herb formula harnesses the natural power of *Mentha x piperita* — a time-honored botanical — to support everyday comfort, a settled stomach, a calm mind, and a body better equipped to handle the demands of daily life.

Peppermint — Digestive Comfort — One of peppermint's most celebrated roles is helping your stomach feel settled and at ease. Research including a review of 12 clinical trials found that peppermint oil meaningfully supported people dealing with abdominal discomfort and general digestive unease, making it one of the most well-studied botanicals for everyday tummy troubles.

Peppermint — Soothing the Gut — Peppermint works in part by helping the muscles of the digestive tract relax, which may ease that uncomfortable cramping or tight feeling in the belly. This natural calming effect on the gut is a big reason peppermint has remained a go-to herb for digestive wellness across cultures and centuries.

Peppermint — Abdominal Ease — Studies show peppermint oil significantly outperformed placebo when it came to easing abdominal discomfort in clinical settings. Whether it's occasional bloating, cramping, or that general 'off' feeling in your midsection, peppermint has a long track record of helping people feel more comfortable after meals and throughout the day.

Peppermint — Antioxidant Support — Peppermint is naturally rich in plant compounds like rosmarinic acid, luteolin, and hesperidin — all of which have strong antioxidant properties. Antioxidants help the body stand up to everyday oxidative stress, supporting your cells and overall wellness. Research confirms peppermint ranks among the botanicals with notably strong antioxidant activity.

Peppermint — Phenolic Plant Power — The antioxidant compounds found naturally in peppermint — including eriocitrin and rosmarinic acid — are well-documented in published research for their ability to neutralize harmful free radicals. These naturally occurring plant defenders contribute to peppermint's reputation as more than just a flavoring herb; it's a genuinely nourishing botanical.

Peppermint — Calm & Relaxation — Peppermint aromatherapy has been studied in clinical settings — including with cardiac and ICU patients — and shown to help reduce feelings of anxiety and stress. A randomized controlled trial found measurable reductions in state anxiety among patients who used peppermint oil, suggesting it may help promote a greater sense of calm and ease.

Peppermint — Mind & Mood — There's something about the fresh, cool scent and sensation of peppermint that seems to genuinely help people feel more at ease. Clinical research backs up what many people already know intuitively — that peppermint can be a simple, natural way to support a calmer, more relaxed state of mind during stressful moments.

 (888) 510-7196  service@caringsunshine.com

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