

# Peppermint Monograph



## Peppermint

### Botanical Name

*Mentha x piperita*

### Synonyms

Mitcham mint, mint

### Botanical Family

Lamiaceae

### Method of Extraction

Steam distilled from leaves and flower buds

### Characteristics

Pale yellow or pale olive in color with a fresh, strong minty odor

### Description & Area Grown

Perennial herb grows 12–35 inches tall. Native to southern Europe, cultivated in the USA, Argentina, Brazil, France, Italy, Morocco, Bulgaria, Netherlands, Spain, Germany, England, India, and Australia.

### Main Chemical Components

Monoterpenols (high menthol) 28–48%

Ketones (high menthone) 16–44%

Oxides (1,8 cineole) 3–8%

### Main Therapeutic Properties

Analgesic, antidepressant, antiseptic, antispasmodic, decongestive, digestive, expectorant, mucolytic, neurotonic, stimulant, vasoconstrictor

### Safety Considerations

Non-toxic, non-irritant, may occasionally be sensitizing. Keep vapors from face of infants and children less than 6 years of age due to potential of causing bronchospasm. Avoid for individuals with G6PD deficiency.



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