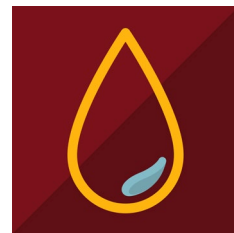


Spearmint Monograph



Spearmint

Botanical Name

Mentha spicata

Synonyms

Mentha viridis, common spearmint

Botanical Family

Lamiaceae

Method of Extraction

Steam distilled from fresh herb in flower

Characteristics

Pale olive or pale-yellow color with minty, slight fruity herbaceous aroma not as strong as that of peppermint.

Description & Area Grown

Native to Europe, commonly grown in North America and western Asia, grows 12–40 inches. Cultivated for essential oil production in the northwest USA, China, America, Japan, and some areas of Europe.

Main Chemical Components

Ketones (carvone) 58–70%

Monoterpenes 22%

Oxides (1,8 cineole) 1–3%

Main Therapeutic Properties

Antidepressant, antiseptic, antispasmodic, carminative, cephalic, stimulant

Safety Considerations

Non-toxic, non-irritant, slight risk of sensitizing



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