

## PRODUCT SUMMARY

Peppermint Vitality essential oil has a bright, cool flavor that is instantly recognizable. The refreshing flavor of Peppermint (*Mentha piperita*) is welcome on the hottest summer days and the coldest winter nights. Beyond being a brisk addition to water during workouts or to herbal tea after a day on the slopes, Peppermint Vitality can also support healthy digestive function and gastrointestinal comfort.\*

Add Peppermint Vitality to your pantry shelves for both culinary and dietary use. This versatile oil can make its way into baked goods, beverages, and even entrees for the more daring! Taken daily in a gel capsule, this powerful essential oil can support your overall digestive function.

## KEY INGREDIENTS

Peppermint essential oil

## EXPERIENCE

Peppermint Vitality has a cool, refreshing flavor that can help support digestive function and reduce feelings of discomfort after large meals.\*

## PRODUCT BACKGROUND

It takes more than 1 pound of the flowering tops and leaves of the peppermint plant to create a bottle of Young Living's Peppermint Vitality essential oil. Using steam distillation, we extract the purest, most potent Peppermint oil for people to use in teas, baked goods, or in veggie capsules to support their health.

Peppermint is a key ingredient in some of Young Living's most beloved blends, including DiGize™ Vitality™. Historically, peppermint was native to Europe, but the United States is now responsible for 75 percent of the world's peppermint production, including the peppermint grown at Young Living's Whispering Spring's Farm in Mona, Utah.



Dietary

## BENEFITS & FEATURES

- Supports gastrointestinal system comfort\*
- Enhances healthy gut function\*
- Maintains efficiency of the digestive tract\*
- May support performance during exercise\*
- Reduces feelings of discomfort after large meals\*
- Provides a refreshing, minty flavor to food and beverages

## SUGGESTED USE

- Add Peppermint Vitality to your daily dietary supplements for overall support to a healthy digestive system.\*
- Include a drop in a glass of cool water for a refreshing start to your morning and to enhance healthy gut function.\*
- Blend Peppermint Vitality with your pre-workout drink for an energizing start and to help support performance during exercise; wind down after your workout with a mint-infused chocolate or vanilla protein shake.\*
- Use it in baking and other desserts for a refreshing, minty flavor.

# PEPPERMINT VITALITY™



## DIRECTIONS

Put 2 drops in a gel capsule and take 3 times daily.

## CAUTIONS

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. Not intended for use with infants.

## ALSO AVAILABLE

Peppermint Essential Oil (Item No. 3614)

Peppermint Essential Oil Sample Pack (Item No. 4771)

## Supplement Facts

Serving Size: 2 drops

Amount Per Serving	%DV
Peppermint ( <i>Mentha piperita</i> ) leaf oil	120 mg**

\*\*Daily Value (DV) not established.

## INGREDIENTS

Peppermint (*Mentha piperita*)† leaf oil

†Pure essential oil

## FREQUENTLY ASKED QUESTIONS

**Q. Can Peppermint Vitality be ingested?**

A. Yes, Peppermint Vitality is labeled as a dietary supplement and is safe for internal ingestion.

**Q. How much Peppermint Vitality should be used in recipes?**

A. Because of its high potency, start with dipping a toothpick in the oil and swirling it through the ingredients for a lighter Peppermint flavor in your dish. Add more as needed.

**Q. Is there a difference between Peppermint essential oil and Peppermint Vitality?**

A. Peppermint essential oil and Peppermint Vitality contain the same essential oil. Peppermint essential oil is labeled for topical and aromatic use, and Peppermint Vitality is labeled for dietary use. The designation of the two product allows you to share all the ways to use Peppermint in the correct way.

## COMPLEMENTARY PRODUCTS

DiGize™ Vitality™  
Essential Oil Blend  
Item No. 5621



Lemon Vitality™  
Essential Oil  
Item No. 5625



Ginger Vitality™  
Essential Oil  
Item No. 5588



Spearmint Vitality™  
Essential Oil  
Item No. 5595

