

SPEARMINT- 5 ML



Spearmint (*Mentha spicata*) has a minty, slightly fruity scent, softer than peppermint. A rich antioxidant, spearmint helps support the respiratory and nervous systems* and may help open and release emotional blocks leading to a sense of balance and well-being. Spearmint may also be used to enhance the flavor of food. Spearmint has an approximate ORAC of 5,398 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

How to use: For dietary, aromatic or topical use. When using as a supplement, put one drop in a capsule or in 4 fl. oz. of soy or rice milk.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

Ingredients:

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.