

Peppermint Oil Capsules 100mg

Pure, natural leaf oil

Presentation

A soft capsule.

Each capsule delivers:

Peppermint Oil 100mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Modified Starch, Glycerol,
Gelling Agent: Carrageenan, Acidity Regulator: DiSodium Phosphate).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
90

type
capsules

code
8399



Uses

Peppermint has a long tradition of use as a digestive aid. The volatile oils contained in peppermint, particularly menthol, are the key active ingredients although the other constituents may also contribute to the plant's therapeutic effects.

Current research and usage is tending to focus on peppermint oil's role in the management of symptoms of Irritable Bowel Syndrome (IBS). IBS is caused when the gastro-intestinal tract behaves abnormally. The muscles of the gut become hypersensitive, leading to fierce contractions, which can be painful. Peppermint oil is known to soothe these contractions, as demonstrated in clinical trials. Lamberts® Peppermint Oil capsules contain 100mg of pure natural peppermint oil, distilled from the leaves of this plant.

Usage and administration

1 to 2 capsules daily, after each main meal.

Allergen advice

None (see page 194).

Cautions

None known at the recommended usage.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

