Peppermint leaf and its oil have a long history of use in soothing and supporting digestive and gastrointestinal health. The oil of peppermint is considered by herbalists to have carminative properties and studies show that when used with a unique time-release delivery, peppermint oil is an effective GI for those with minor GI-related pain, gas, bloating and indigestion. It also helps promote inflammatory balance in the GI tract. One soft gel capsule of Peppermint Oil includes 217 mg of concentrated peppermint oil, along with ginger oil and fennel oil for complete digestive support.

**Overview**

Gastrointestinal health is directly affected by factors such as poor diet and a stressful lifestyle. The prevalence of refined sugars and carbohydrates and the low presence of fiber in the Western diet has been directly linked to the alteration of the colonic environment. Maintaining inflammatory balance and a strong immune system is integral to optimal GI health, as well as overall health and well-being. Studies show peppermint oil works to soothe the GI tract by acting as a calcium-channel blocker in intestinal smooth muscle, causing relaxation and resulting in fewer spasms and contractions that lead to GI disturbances. Both fennel and ginger have been used historically in GI-related concerns. Both are well-known for helping with nausea and for their soothing effects on the GI tract.

**Peppermint Oil**

Peppermint leaf has long been used for both soothing and supporting digestion. In a study of 110 adults given a time-release peppermint oil capsule for one month or placebo, those taking peppermint oil reported improved abdominal comfort, less bloating, improved stool frequency and less gas. A second study of 57 adults given either two peppermint oil capsules of 225 mg/cap twice per day or placebo, found that after four weeks, 21 of 28 receiving peppermint oil reported a greater than 50% improvement in gastrointestinal comfort. Participants also reported with less bloating, improved regularity, and a better feeling of completeness in evacuation. These effects were found to last four weeks after supplementation in 13 of the 24 patients. Among adults who received one peppermint oil capsule containing 187 mg/cap, three times per day or placebo for eight weeks, 14 of 33 patients receiving the peppermint oil reported significantly improved abdominal comfort after 4 weeks, compared to the placebo. Finally, a 2013 meta-analysis of randomized, placebo-controlled studies on peppermint oil concluded the therapy to be safe and effective for providing soothing GI support. Research indicates that peppermint oil works by acting as a calcium-channel blocker in smooth muscle, thereby relaxing the intestinal smooth muscle.

**Fennel and Ginger Oils**

Both fennel and ginger have been used in digestive support for centuries and have a substantial body of data supporting their role in GI health. They are both well-known for helping to diminish occasional nausea and for their gastrointestinal soothing effects. Ginger has been shown to help protect the GI tract mucosa from oxidative stress, as well as to support a normal inflammatory process in GI tract.
Directions
1 soft gel capsule two to three times per day or as recommended by your health care professional.

Does Not Contain
Gluten, corn, yeast, artificial colors and flavors. Contains soy.

Cautions
If you are pregnant or nursing, consult your physician before taking this product.

References