



## PEPPERMINT (*Mentha x piperita*)

### FACT SHEET 36

Peppermint is one of the active ingredients in Denes Digestion+ Powder, a supplement used to help with tummy problems

#### Introduction

Mint is one of the best known of all herbs with many species distributed throughout Europe. It is cultivated extensively for culinary use and as a source of peppermint oil for use in industry.

Mint is a perennial herb with dark green leaves and small reddish-violet flowers that appear between July and September. Mint spreads easily by means of underground shoots that originate from the main roots. It is a plant which rarely produces seeds. All parts of the plant smell and taste of peppermint, but it is the leaves that are mainly used commercially. Peppermint is one of the most widely utilised herbal remedies and used both internally and externally in treating a wide range of health problems.

#### How Peppermint can help

- One of the most important actions of peppermint is as a carminative. This term is applied to herbs that can be used to help relieve gut spasm by relaxing the muscles in the bowel walls and relaxing the gut. Carminatives, which tend to be rich in volatile oils, will also reduce the build up of gas in the digestive system and the discomfort that this causes. It is an ideal remedy to help with most types of colic and indigestion.
- Peppermint also has properties as a cholagogue. This means that peppermint promotes the production of bile, thereby stimulating the digestion as well as improving the appetite.
- Peppermint is also classed as an aromatic herb. Herbs in this category have strong flavours and odours and are often used to stimulate the digestion.
- The essential oil in peppermint acts to soothe the stomach lining, effectively acting as a mild type of anaesthetic. This makes peppermint an ideal remedy to help stop sickness (including travel sickness) or nausea.
- Peppermint also has analgesic properties due to a mild pain killing effect. Again this is due to the volatile essential oil in peppermint which means that it can be used to relieve the discomfort associated with sickness, colic and colitis.
- Peppermint has some antimicrobial action and will help prevent abnormal food fermentation in the stomach.
- Another category, in which Peppermint falls, is that of a stimulant herb. Although its action in this area is only very minor in comparison to other herbs, it will help to stimulate some of the body's physiological functions.
- One of the less well-known properties of peppermint is that of calming anxiety and tension.

## Indications for using Peppermint

- In treating nausea, vomiting, sickness, gastritis and travel sickness
- Colic and Indigestion
- Colitis
- Flatulence
- To stimulate appetite and the digestion generally

## How Denes can help

Peppermint leaf is one of the active ingredients in Denes Digestion+ Powder, along with Agrimony, Ginger, Liquorice root, Marshmallow root, Slippery Elm and Kaolin. Denes Digestion+ Powder is frequently used to help with tummy problems such as vomiting and diarrhoea, colitis, indigestion, travel sickness, flatulence and poor appetite.

Denes Digestion+ Powder is available in 100g pots and should be given daily according to the following guide:

Cats, Toy & Small Dogs	1 level scoop 3 times daily
Medium Dogs	2 level scoops 3 times daily
Large Dogs	3 level scoops 3 times daily
Very Large Dogs	4 level scoops 3 times daily

## Other fact sheets to read

- Inflammatory Bowel Disease
- Colitis and Diarrhoea
- Digestion+ Powder

If you have any queries concerning your pet's health or feeding problems, you can contact us for free pet care advice by:

- Visiting our website [www.denes.com](http://www.denes.com)
- Emailing us at [info@denes.com](mailto:info@denes.com)
- Calling us on 01273 325364 Mon-Fri, 9am – 12Noon
- Writing to us at:  
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