



Piperix[®]

peppermint oil have a long history of use for digestive disorders.

Effective in

- Irritable bowel syndrome (IBS)
- Non-ulcer dyspepsia
- Fullness
- Gastrointestinal spasm
- Abdominal pain
- Bloating and gas

Dosing

Adults:

1 to 2 E.C. peppermint oil Cap two or three times daily 30-60 minutes before food with water.

Interactions

peppermint oil may inhibit the CYP3A4

Other Research and Studies:

- Mental function: improves memory
- Antibacterial in the intestines.
- Morning sickness.
- Nausea and vomiting.
- Painful menstrual periods

Adverse effects

Allergic reactions, heartburn, perianal burning, nausea, and vomiting.

Peppermint oil may cause significant adverse effects at higher dosages.

Peppermint oil should not be administered to patients with gastroesophageal reflux or active gastric ulcers

Enteric-coated preparation are not recommended for use in children younger than 8 years.

References

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