



PEPPERMINT OIL COMPLEX WITH OREGANO OIL

Serious digestive help with enteric coated peppermint oil complex

Enteric coated Peppermint Oil Complex combines oregano and caraway for a natural answer to serious digestive disorders. It is estimated that 15% of the adult population experience symptoms that peppermint oil has been shown to eliminate. Peppermint Oil Complex is ideal for two serious digestive concerns: irritable bowel syndrome and candidiasis.

Enteric coated peppermint oil has been shown to be quite helpful in the treatment of irritable bowel syndrome in several double-blind clinical studies. Irritable bowel syndrome (IBS) is a disorder of the large intestine characterized by some combination of: abdominal pain, altered bowel function, constipation or diarrhea, abdominal hypersecretion of colonic mucus, dyspeptic symptoms (flatulence, nausea, anorexia), and varying degrees of anxiety or depression. It is estimated that approximately 15% of the population has complaints of IBS making IBS by far the most common gastrointestinal disorder.

In double-blind studies, enteric coated peppermint oil (ECPO) has been shown to be effective in relieving all symptoms of IBS in approximately 70-85% of cases within a two to four-week period. In the trial (*J Pediatrics*, 2001; 138: 125-8), 42 children between eight and ten years old with IBS were given ECPO or placebo for two weeks. Dosage was one capsule, three times daily for children 30-45 kg and two capsules three times daily for children over 45 kg. After two weeks, 76% of the ECPO group reported significant improvements compared to only 19% of the placebo group.

One of the central findings in IBS is a hypercontractility (excessive contraction) of intestinal smooth muscle. Peppermint oil inhibits the hypercontractility of intestinal smooth muscle making it useful in cases of irritable bowel syndrome as well as intestinal colic. In addition to its effects directly on intestinal smooth muscle, peppermint oil also exerts significant effects against *Candida albicans* – a common yeast implicated in many cases of IBS – as well as promoting the excretion of various digestive factors.

USING PEPPERMINT OIL COMPLEX TO FIGHT CANDIDA YEAST

Candidiasis (candida yeast) is a systemic infection of the digestive system and peppermint oil can help with this problem. It is estimated that peppermint oil is 100 times more effective than caprylic acid as a natural antifungal agent. Under normal circumstances it can take up to

6 months to eliminate candidiasis. Peppermint oil can speed up this process considerably.

Although killing the yeast is important, there are also other considerations that need to be addressed. The health of the intestinal flora needs to be restored with a high quality probiotic. As the dying yeast releases toxins, elimination of toxins by the liver and liver protection is also important. Candida yeast also affects the sugar balance in the body, so be aware of the need for chromium, vanadium, zinc and manganese. Make sure to include a quality multivitamin along with extra vitamin C and vitamin E. This complete program should be combined with a low carbohydrate diet.

Natural Factors enteric coated Peppermint Oil Complex provides not only peppermint oil, but also caraway and oregano. Several of the clinical trials featured it in combination with caraway oil – a known carminative (a substance that promotes the elimination of intestinal gases) and digestant (a substance that promotes general digestion). Oregano oil is also emerging as a popular treatment of intestinal candidiasis. The volatile oil fractions of all three plants in this formula exert significant anti fungal and antiparasitic properties.

Peppermint Oil Complex is a natural, safe solution that can provide relief for perplexing digestive problems.

EACH ENTERIC COATED CAPSULE CONTAINS:

Peppermint Oil: 100 mg
Oregano Oil: 70 mg
Caraway Seed Oil: 30 mg

DOSAGE

One or two capsules, 20 minutes before meals three times daily or as directed by your health care practitioner. Keep out of reach of children.

PEPPERMINT OIL COMPLEX