

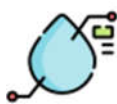
MINT

Chemistry - Usage - Caution



CHEMISTRY

Peppermint	Spearmint	Cornmint
Mentha X piperita	Mentha spicata	Mentha arvensis
Menthol 30 to 50%	L Carvone (45 to 75%)	Menthol (50 to 75%)
Menthon 12 to 32%		Menthon (5 to 20%)



PROPERTIES

Peppermint	Spearmint	Cornmint
Local analgesic Tonic and stimulant +++	Mucolytic, Expectorant Anti catarrhal ++++	Analgesic, anaesthetic ++++
Antiviral, antibacterial Cholagogue and choleric ++	Antiviral, anti inflammatory +++	Antiseptic, vasoconstrictor, hypertensive +++
Tonic brain stimulant	Nervous calming, healing ++	Hepato digestive stimulant +++



CAUTION

Peppermint	Spearmint	Cornmint
Breastfeeding mothers	Babies	Babies
Pregnant women	Young kids	Young kids
Young kids	Breastfeeding mothers	Breastfeeding mothers
Babies	Pregnant women	Pregnant women
Epileptic		
Irritative (skin)	Irritative (skin)	Irritative (skin)
Neurotoxic	Neurotoxic	Neurotoxic
Oestrogen like	Oestrogen like Cortison like	Irritating to the respiratory tract
No bath usage	No bath usage	Do not inhale
		No bath usage