Spearmint Leaf - Loose Herb

DESCRIPTION

The Sweet, Gentle Mint

Dried spearmint leaf (*Mentha spicata*) — softer and sweeter than peppermint, with almost none of its sharp menthol bite. The mint for people who find peppermint too strong, and the mint behind Moroccan mint tea.

Spearmint is one of the oldest cultivated mints. The Greeks and Romans crowned themselves with it and rubbed it on their tables to welcome guests; across North Africa and the Middle East it is still poured, sweet and strong, as the tea of hospitality. Folk healers everywhere have reached for it after a heavy meal, for nausea, and for a stomach that will not settle.

What science has found so far:

- In a month-long trial, women with PCOS who drank spearmint tea twice a day had lower free testosterone and felt their excess hair growth improved. (Grant, 2010)
- Its main aromatic compound, **carvone**, relaxes the smooth muscle of the gut — which is why a cup after dinner eases gas and bloating.

The Eastern view: Chinese medicine groups spearmint with its stronger cousin, peppermint (*Bò He*): pungent and cool, opening the head and soothing the throat, but gentler — a good choice for children, the elderly, and anyone who runs cold. In Unani and Ayurvedic practice, *pudina* is used to kindle digestion and cool excess Pitta.

Ways to use it:

- **Tea** — 1–2 teaspoons in a cup of just-boiled water, covered, for 5–7 minutes. Strain and sip.
- **Moroccan-style** — brew with a teaspoon of green tea and a little honey or sugar.
- **Iced** — brew double strength, pour over ice, add lemon.
- **In the kitchen** — tabbouleh, yogurt sauces, lamb, fruit salads.

Ingredients: 100% dried spearmint leaf.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Spearmint can relax the valve at the top of the stomach and may worsen heartburn in some people.
- Its anti-androgen effect is welcome for some women — men drinking large amounts every day may want to keep it moderate.
- Use in normal, food-like amounts during pregnancy.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
