

# Natural Touch Aromatherapy

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## PURITY ANALYSIS CERTIFICATE

### PEPPERMINT (CHINESE)

**BOTANICAL CLASSIFICATION** *Mentha piperita* is a species of the Lamiaceae family. It is a hybrid of two mint species, *M. aquatica* and *M. spicata*. Peppermint oil is a widely used and popular essential oil. Pharmaceutical companies use it as a flavouring agent and as an ingredient in cough, cold and digestive remedies. Peppermint is also used as a flavouring agent in many foods.

**GENERAL DESCRIPTION** A common herb with green serrated leaves and violet flowers. The essential oil is a pale yellow liquid with a strong, grassy-minty scent.

**ORIGIN** The peppermint is grown in China and the essential oil is steam distilled from flowering herbs.

**GAS LIQUID CHROMATOGRAM** Key components of Natural Touch's essential oil type, as indicated by GLC, are compared to classic profiles below. Pure peppermint essential oil comprises mainly menthone and menthol. Percentages of the two vary according to sub-species and location but 20% (menthone), 44% (menthol) are typical for a high quality Chinese peppermint oil. Other constituents include neomenthene, pinenes and limonene. Typical USA peppermint essential oils have 38% menthol and 24% menthone, quite similar in percentage terms to Chinese types but aromatically they have different undertones.

COMPONENT	NATURAL TOUCH (%)	CLASSIC (%)
Menthone	25.9	17 - 31
Menthol	36.3	30 - 45
Iso menthone	8.0	3 - 8
Beta caryophyllene	5.8	2 - 5
Beta pinene	1.5	2
1,8 cineol		<5
Limonene		<2

- GLC analysis carried out at the Scottish Agricultural College, Auchincruive.
- Official stamp: