



BUBBIE'S

Did You Know...

HERBAL FACT

Peppermint Oil + Irritable Bowel Syndrome

A 2022 review of 10 randomized clinical trials with 1,030 adults found that enteric-coated peppermint oil improved overall IBS symptoms and reduced abdominal pain compared with placebo.

Compared with placebo

Overall symptoms: RR 0.65 • Abdominal pain: RR 0.76

Promising short-term evidence

Evidence quality was rated very low; mild reflux and indigestion were more common.

Not a replacement for IBS care. Peppermint oil may worsen reflux; use only a labeled enteric-coated product with guidance from a healthcare professional.

SUPPORTING EVIDENCE

Ingrosso et al., Alimentary Pharmacology & Therapeutics (2023)

pubmed.ncbi.nlm.nih.gov/35942669

SUPPORTING RECIPE

Bubbie's Fresh Mint-Lemon Tea

INGREDIENTS

- 2 cups water
- 1/2 cup fresh peppermint leaves, loosely packed
- Or 2 peppermint tea bags
- 2 lemon slices
- 1-2 tsp honey, optional

DIRECTIONS

Bring water just to a boil; remove from heat. Add mint, cover, and steep 5-7 minutes. Strain, then add lemon and honey. Serve warm or chill. Makes 2 cups.

Peppermint tea is not equivalent to the enteric-coated oil studied. Never swallow peppermint essential oil.

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