

QUICK REFERENCE SHEET

SPEARMINT

Mentha spicata



Part Utilized:
Leaf



PROPERTIES:

Diaphoretic, Carminative, Nervine, Stimulant, Antispasmodic, Antiseptic

SYSTEMS AFFECTED:

Glandular (salivary), Digestive (stimulates bile and soothes the stomach)

POSSIBLE USES:

colic in babies, digestive disorders including gas, indigestion, nausea, diarrhea, irritable bowel syndrome, and gallstones

INGREDIENT IN:

AP, CD, ESS, GI, HP, LCON, MP, PL, PPAC, WC

GENERAL INFORMATION:

The whole herb has an antispasmodic effect on the digestive and respiratory systems and is calming to the nerves. More subtle than Peppermint, Spearmint can be used for headaches, nervous tension, fatigue, and stress management. In respiratory ailments, Spearmint is useful for relieving asthma and bronchitis. It is noted for relieving hiccups because it relaxes the muscles and relieves gas. Spearmint often reduces nausea.

Spearmint, like all mints, is high in absorbable minerals. These include potassium, calcium, manganese, iron, and magnesium. Spearmint is also rich in many antioxidant vitamins, including vitamin A (provides 4054 IUs or 135% of the recommended amount of vitamin A), beta-carotene, vitamin C, folate (26% of RDA), vitamin B-6 (pyridoxine), riboflavin, and thiamin.