

MINTONEX

30 ml.

MINTONEX solution

MINTONEX solution is an herbal product containing natural essential oil of peppermint (*Mentha piperita* L.). This solution is absorbed in the intestinal tract and through the skin and exerts effects quickly.

Indications:

MINTONEX can be used either orally or through inhalation:

Oral: carminative, antispasmodic, dyspepsia,

motion sickness, relief of tiredness after a heavy sport

Inhalation: nasal congestion and common cold

Ingredients:

The most important constituents of the natural essential oil of peppermint are menthol (~35 %45), menthon (%20-15), methyl acetate (%5-3), limonene and pulegone.

Pharmacology:

The antispasmodic effect of peppermint oil can be correlated to relaxing smooth muscle spasm. It reduces surface tension, so can be carminative.

The peppermint oil can potently penetrate the mucosal surface and can relieve nasal congestion.

Also, the antimicrobial property of the essential oil make it an agent against common cold complications.



→ **Dosage:**

For oral use:

Adults: 8-7 drops 3 times a day in a glass of water or juice. 2-1 hours after meals or other drugs.

Children 6 years old and older: 3-2 drops 3 times a day in a glass of water or juice, 2-1 hours after meals or other drugs.

For nasal congestion:

Adults: Deposit few drops on a napkin or inside the mask and inhale normally.

Children: Take 2-1 drops on the collar during the day or on the sides of the pillow during sleep.

Avoid contact the drug with the eye, nose, and lips.

Attention: You can take drops on a cube of sugar or a teaspoon honey and diluted in water, juice or tea.

Pregnancy and lactation:

There is no enough data available on its use during pregnancy and lactation, so it should be consulted with your physician if required.

Drug interaction:

Some study mentioned that peppermint essential oil inhibited the iso-enzyme of P450 cytochrome, so the same time consumption of drugs which needs this iso-enzyme for its metabolism, affect the clearance of drugs and it should be use 2-1 hours after meals and 2 hours after such these drugs.

Contraindication:

- Do not use on open wound
- Do not use if you suffered with gastrointestinal inflammation, gallstone, biliary obstruction, Liver dysfunction.
- Do not use if you have allergy to essential oils.
- Avoid contact the drug with the eye, nose, and lips.

Packaging:

Offers to the market in 30 ml. self-drops inside the box along with a user guide paper.



Essential
oil



Anti
Spasmodic



Nasal
Inhalation