

Colmint™

Peppermint Oil 187 mg

Softgel capsules

COMPOSITION

Colmint™ Each soft gel capsule contains 187 mg of natural peppermint oil.

DESCRIPTION

Peppermint leaf preparations consist of the fresh or dried leaf of *Mentha x piperita* L. The whole, dried leaf must contain not less than 1.2% (ml/g), and the cut leaf must contain not less than 0.9% volatile oil. Peppermint oil consist of the essential oil, obtained by steam-distilling freshly harvested, flowering springs and is neither partially, nor wholly dementholized.

Both peppermint leaf and peppermint oil are official in the U.S. National Formulary, while peppermint water and peppermint spirit have official monographs in the United States Pharmacopoeia (USP, 2002). The U.S. is the world's leading producer of peppermint oil, supplying more than 4,000 metric tons of oil annually.

PHARMACOLOGY

Colmint™ (Peppermint Oil) helps to relieve both the painful abdominal spasm and uncomfortable bloating of IBS. It has a relaxant, antispasmodic effect especially on the muscles of the large bowel or colon and in bowel spasm, particularly large-bowel spasm. It is carminative, antibacterial, mucolytic and carminative on lower esophageal sphincter.

Colmint™ (Peppermint Oil) helps to treat unpleasant sensations of fullness and bloating, and facilitates the passing of bowel gases, so relieving accompanying cramp-like pain.

USES

- Irritable bowel syndrome (IBS)
- Functional dyspepsia
- Abdominal pain and spasms
- Abdominal distension/bloating

MECHANISM OF ACTION

The pharmacological actions are due to the volatile oil, flavonoids and phenolic acids present in Peppermint Oil. Some studies have proposed that the mechanism for the carminative action is peppermint's ability to reduce the tonus of the esophageal sphincter, releasing entrapped air. Based on in vitro experiments, the antispasmodic effect of the volatile oil is due to the inhibition of smooth muscle contraction through blocking calcium influx into muscle cells. Peppermint inhibits enterocyte glucose uptake by direct action at the brush border membrane. In serous membranes, it inhibits the response to acetylcholine without reducing the effect of mucosal glucose. This is consistent with a reduced availability of calcium, which causes a relaxing effect on the intestinal smooth muscle.

DOSAGES & Administration

Adults: 1 (one) capsule 3 times daily with a glass of water. The dose may be increased to a maximum of 2 (two) capsules 3 times daily or as directed by a physician.

Children: In children under 15 years of age, Colmint™ should be administered only if expressly prescribed by a doctor.

ADVERSE EFFECTS

None known according to Commission E.

CONTRAINDICATION

Contraindicated in patients with achlorhydria. Also contraindicated for infants and small children due to the potential risk of spasm of the tongue or respiratory arrest.

PRECAUTIONS

Should not be taken with food or immediately after meals. Should be taken 30 to 60 minutes before meals. Must be swallowed whole, with a little liquid. Capsules must not be chewed or crushed.

PREGNANCY AND LACTATION

No known restrictions.

STORAGE

Keep in a cool & dry place, away from direct sunlight, store below 30^o C . Do not freeze.

HOW SUPPLIED

Colmint™ Each commercial box contains 30 soft gel capsules.

Manufactured by

SQUARE PHARMACEUTICALS LTD.

HERBAL DIVISION

BSCIC, Pabna, Bangladesh

