Spearmint Tea

Draxer Teas · Spearmint leaf, 3 g pyramid bags · 20 bags · Naturally caffeine free

INDICATION

Women with PCOS/PMOS and unwanted facial or body hair, raised androgens or hormonal acne, as a daily drink alongside GynoEssence or prescribed treatment; also for bloating and wind, stiff knees and memory complaints.

29%
fall in free testosterone in 30 days in PCOS/PMOS (1)

5 days
for free testosterone to fall and LH and FSH to rise (2)

15%
better working memory with spearmint extract (5)

2 cups
a day, each bag steeped 5 to 7 minutes

01 COMPOSITION AND DOSE

Spearmint (*Mentha spicata*) leaf	**3 g per bag**
Caffeine	**None**
Added sugar or flavourings	**None**

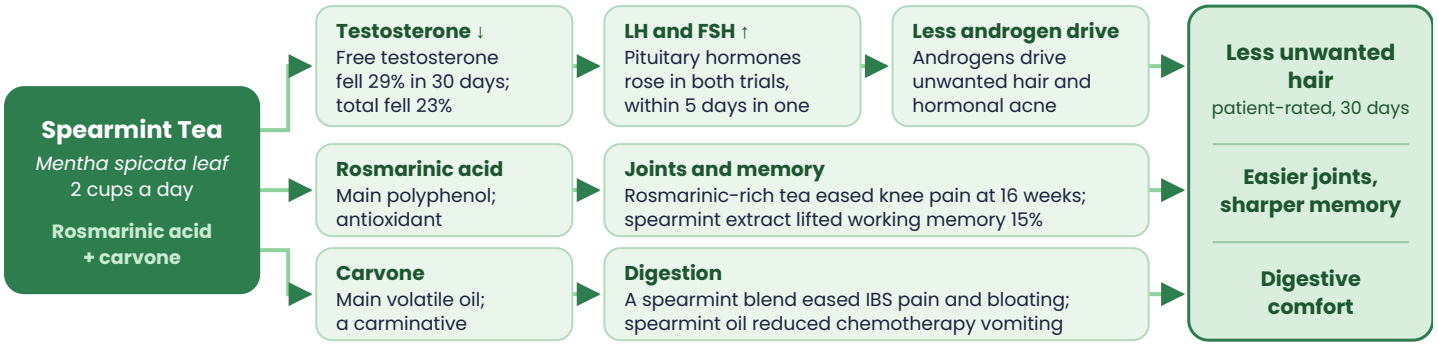
Whole leaf in a pyramid bag, rich in rosmarinic acid and other polyphenols, with carvone as the main volatile oil (11, 12). **Preparation:** one bag in 150 ml of just-boiled water, covered, for 5 to 7 minutes. **Dose:** two cups a day, the amount used in the hormone trials; 20 bags last 10 days. **Label use:** supports digestive comfort and provides a natural source of antioxidants.

HOW IT WORKS

In women with PCOS/PMOS and hirsutism, two cups a day lowered free and total testosterone and raised LH and FSH, within 5 days in one study and over 30 days in a randomised trial (1, 2).

Androgens drive unwanted hair and hormonal acne in PCOS/PMOS (10); less androgen means less stimulus to hair follicles and oil glands, with visible change over months as hair grows slowly.

Rosmarinic acid is a strong antioxidant with anti-inflammatory activity (11, 12); carvone is a carminative that eases wind and bloating (12).



02 EVIDENCE, WITH REFERENCES

Study	Design and people	Intervention	Main result
Grant 2010 (1)	RCT, 42 women with PCOS and hirsutism	Spearmint tea twice daily vs placebo herbal tea, 30 days	Free testosterone down 29% (5.12 to 3.64 pg/mL), total down 23%; LH and FSH up; less self-rated hair growth
Akdoğan 2007 (2)	Clinical study, 21 hirsute women (12 PCOS)	Spearmint tea twice daily, 5 days, follicular phase	Free testosterone down; LH, FSH and oestradiol up; total testosterone and DHEAS unchanged
Kolivand 2017 (3)	Systematic review, 4 tea RCTs in PCOS	Spearmint, green, marjoram and *Stachys* teas	Spearmint was the only tea to lower testosterone and improve hirsutism
Connelly 2014 (4)	Double-blind RCT, 62 adults with knee osteoarthritis	Rosmarinic-rich vs ordinary spearmint tea, 2 a day, 16 weeks	Pain fell on the high-rosmarinic tea; stiffness and physical disability fell on both teas
Herrlinger 2018 (5)	Double-blind RCT, 90 adults with memory complaints	Spearmint extract 900 mg/day vs placebo, 90 days	Working memory 15% and spatial working memory 9% better; easier to fall asleep; better mood and alertness on waking
Falcone 2018 (6)	Double-blind RCT, 142 active adults	Spearmint extract 900 mg/day vs placebo, 90 days	More hits and faster reactions on 2 agility tests; blood safety panels unchanged
Tayarani-Najaran 2013 (7)	Double-blind RCT, chemotherapy, 50 per group	Spearmint oil capsules vs placebo, around chemotherapy	Fewer vomiting episodes and less nausea in the first 24 hours, equal to peppermint oil; no adverse effects
Vejdani 2006 (8)	RCT, 32 adults with IBS	Blend of spearmint, lemon balm and coriander vs placebo, 8 weeks	Less severe and less frequent abdominal pain and bloating

Guideline: there is no EU monograph for spearmint; the one for its sister plant peppermint leaf recognises relief of indigestion and flatulence (9). **Evidence base:** the hormone trials were small and short (1); the memory trials used an extract, and acne has not been trialled.

For health professionals. Draxer Teas are herbal beverages and are not intended to diagnose, treat, cure or prevent any disease.

WHO BENEFITS MOST

Unwanted facial or body hair
PCOS/PMOS or idiopathic hirsutism, alone or with other treatment.
Expect: hormones shift in weeks; hair slows over 3 to 6 months

Raised androgens, hormonal acne
High testosterone, oily skin or jawline acne in PCOS/PMOS.
Expect: lower free testosterone by 30 days

Bloating and wind
Fullness, wind or an unsettled stomach after meals.
Start: one cup after the main meal

Stiff knees, memory complaints
Older adults wanting a caffeine-free daily cup.
Expect: less stiffness by 16 weeks

HOW TO USE IT IN PRACTICE

- **Starting:** one cup in the morning and one in the evening, every day; one bag per cup, steeped covered for 5 to 7 minutes.
- **Monitoring:** photograph the face and body areas at the start and record a hirsutism score (Ferriman-Gallwey); where available, free and total testosterone, SHBG, LH and FSH.
- **Review:** hormones at 1 to 3 months; hair and acne at 6 months, as hair responds slowly (10). Little change by 6 months: refer for prescribed anti-androgen treatment and keep the tea going.
- **With prescribed treatment:** can be drunk with the combined pill, spironolactone, metformin or topical acne treatment; it adds to these and does not replace them.
- **With Draxer products:** GynoEssence for cycles and insulin resistance; Vitex for PMS or raised prolactin; Chamomile Tea for an evening cup. Keep an hour away from Vitaniom or iron.

SIDE EFFECTS AND SPECIAL GROUPS

Common	None reported at two cups a day (1, 2).
Uncommon	Allergy in people sensitive to mint-family (Lamiaceae) plants.
Extract	900 mg/day for 90 days left blood, liver and kidney tests unchanged (6).
Overdose	None reported in people. Liver and kidney changes in rats were seen only with tea 7 to 13 times stronger than a normal cup, drunk as the sole fluid for a month (13, 15).
Men	Lowers androgens in women (1, 2); men should avoid large amounts.
Age 12 to 17	Not studied; for teenage hirsutism or acne, use on the clinician's advice.
Kidney, liver	Not studied in disease; ask the prescriber.

03 INTERACTIONS AND CAUTIONS

- **Iron:** polyphenol teas reduce non-haem iron absorption (peppermint by 84% with a meal) (14). Take an hour away from iron tablets and Vitaniom.
- **Anti-androgens and the combined pill** (spironolactone, cyproterone, finasteride): added hormonal effect is possible and usually welcome; no interaction study.
- **Ovulation induction or IVF:** spearmint raises LH and FSH (1, 2); pause during treatment cycles unless the specialist agrees.
- **Testosterone therapy:** may work against it; avoid large amounts.

04 PREGNANCY AND BREASTFEEDING

Pregnancy: not recommended, as a precaution, because spearmint lowers androgens and raises gonadotrophins and there are no human pregnancy data (1, 13).

Breastfeeding: ordinary amounts, 1 to 2 cups, are widely drunk with no reports of harm; not studied. The label precaution is the standard one.

05 WHEN NOT TO RECOMMEND

- Pregnancy, and women trying to conceive this cycle
- Men, in large amounts, because of the anti-androgen effect (1, 2)
- Allergy to mint-family (Lamiaceae) plants
- Hirsutism of rapid onset, a deepening voice or a pelvic mass: refer for androgen testing (10)

PATIENT COUNSELLING CHECKLIST

- ☐ Two cups a day, morning and evening
- ☐ One bag per cup, covered for 5 to 7 minutes
- ☐ Every day; hair changes take 3 to 6 months
- ☐ Take photos now to compare later
- ☐ Hot or iced; no sugar needed
- ☐ On iron tablets? Drink it an hour apart
- ☐ Pregnant or trying this cycle? Stop
- ☐ Keep taking any prescribed treatment

Product details. 20 pyramid bags of 3 g, 60 g net (10 days at two cups a day). Store below 30°C in a dry place, away from direct light; keep the pack closed. Shelf life 24 months from manufacture; see pack for expiry. Herbal tea packed for Draxer Teas by a partner manufacturer. Keep out of reach of children.

References

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