



## Mintec

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### Uses

Symptomatic relief of irritable bowel or spastic colon syndrome.

### Dosage

Adults: 1 capsule orally 3 times a day, preferably before meals with a small quantity of water, but not immediately after food. The capsules must not be broken or chewed. When symptoms are more severe, the dose may be increased to 2 capsules 3 times a day. The capsules should be taken until symptoms resolve, but may be continued for up to 2 to 3 months. Children: not recommended.

### Format and Ingredients

Capsule containing:  
Peppermint Oil 0.2ml,