



## SPEARMINT

**Botanical Name:** *Mentha spicata*

**Common Name:** Spearmint

**Medicinal part:** Leaves

**Description:** Spearmint, or spear mint (*Mentha spicata*) (also known as *Mentha viridis*) is a species of mint native to much of Europe and Asia (Middle East, Himalayas, China etc.), and naturalized in parts of northern and western Africa, North America, and South America, as well as various oceanic islands.



G·O·L·D·E·N  
BOUGH

Golden Bough Botanicals Inc. has been a trusted wholesale supplier of premium quality herbs, spices and specialty teas since 1978. Our business has evolved to include organic herbs and spices, pure essential oils, organics pure essential oils, fragrance oil, cosmetic, candle and soap making ingredients and packaging supplies.

Golden Bough Botanicals Inc.

12 - 1585 Cliveden Avenue  
Delta, BC V3M 6M1, Canada  
Toll Free: 1-877-950.8700

[www.goldenbough.ca](http://www.goldenbough.ca)