Performance of Broilers Supplemented With Peppermint (Mentha piperita L.) Powder

Nematollah Asadi, PhD¹,², Seyed Davood Husseini, PhD³, Mohammad-Taghi Tohidian, PhD², Nargess Abdali, PhD¹, Amir Mimandipoure, PhD⁴, Mahmoud Rafieian-Kopaei, PhD⁵, and Mahmoud Bahmani, PhD⁶

Abstract
This study was conducted to determine the effects of dietary supplementation of peppermint (Mentha piperita L.) on the performance of broiler chicks. 500 Ross broiler chicks were divided into 5 treatment groups of 4 replications in a completely randomized design format. The diets were ISO-caloric and ISO-nitrogenous ones and contained 1.5, 3, 4.5, and 6 g/kg of peppermint powder. At start, growing, and end periods, the effects of peppermint powder on average daily weight gain, feed conversation ratio, and mortality rate were studied. The results of the present study showed that over a production period of 42 days peppermint had a significant effect on average daily weight gain and feed conversion ratio when compared with the control group (P < .05). The level of 4.5 g/kg had the highest average daily weight gain (52.78 g), and control treatment with 46.98 g had the least average daily weight gain among different levels of peppermint. The level of 4.5 g/kg and 6 g/kg of peppermint had the least mortality compared to control treatment during training period (P < .05). From this experiment, we can conclude that treatment with 4.5 g/kg peppermint powder has better performance and carcass characteristics in broilers.

Keywords
medicinal plants, Mentha piperita L., performance of broilers

Received May 24, 2016. Received revised January 8, 2017. Accepted for publication February 24, 2017.

The use of medicinal plants in the poultry industry has become popular and requires selecting the most suitable plant. Different studies have proved the antimicrobial properties of some medicinal plants in human laboratory.¹-³ Nowadays the use of medicinal supplements as antibiotic growth promoters has developed in broiler farms. On the other hand, some studies have shown some adverse effects that resulted from the use of some antibiotic growth promoters.⁴ The extensive use of these antibiotics in broiler farms has some problems such as rising production costs and compromising the health of the society because of consuming the products with pharmaceutical residues. Studies show that using medicinal plants can play an effective role in producing healthy products (organic) besides improving production.⁵ Peppermint is a member of the Labiate family and one of the world’s oldest medicinal herbs.⁶ The Labiate family, rich in essential oil, has commercial and medicinal values. These herbs are widespread throughout the world and are widely use in food, flavor, cosmetic, and pharmaceutical industries.⁷,⁸ The chemical components of peppermint are menthol, menthone, 1,8-cineole, methylacetate, methofuran, isomenthone, limonene, b-pinene, a-pinene, germacrene-d, trans-sabinene hydrate, and pulegone. Menthol is the main phenolic component in oil of peppermint, which has antibacterial activities.⁹ Studies have shown that this plant has anti-septic, spasmolytic, and disinfectants properties.¹⁰ Therefore, it

¹ Razi Herbal Medicines Research Center, Lorestan University of Medical Sciences, Khorramabad, Iran
² Animal Science Research Institute, Karaj, Tehran, Iran
³ Razi Vaccine and Serum Research Institute, Markazi Province Branch, Karaj, Iran
⁴ National Institute of Genetic Engineering and Biotechnology, Tehran, Iran
⁵ Medical Plants Research Center, Shahrekord University of Medical Sciences, Shahrekord, Iran
⁶ Biotechnology and Medicinal Plants Research Center, Ilam University of Medical Sciences, Ilam, Iran

Corresponding Author:
Mahmoud Bahmani, Biotechnology and Medicinal Plants Research Center, Ilam University of Medical Sciences, Ilam, Iran.
Email: mahmood.bahmani@gmail.com

Creative Commons Non Commercial CC BY-NC: This article is distributed under the terms of the Creative Commons Attribution-NonCommercial 3.0 License (http://www.creativecommons.org/licenses/by-nc/3.0/) which permits non-commercial use, reproduction and distribution of the work without further permission provided the original work is attributed as specified on the SAGE and Open Access pages (https://us.sagepub.com/en-us/nam/open-access-at-sage).
improves carcass traits in broiler production. This study aimed to assess the effect of different levels of peppermint powder on the production of broilers and some blood biochemical parameters at different periods of training in broilers.

Materials and Methods
A total of 500 day-old Ross broiler chicks were distributed randomly in 20 separated experimental cages (120 × 120 × 80) in 5 treatments, and each treatment had 4 replications (25 chicks per cage). Each cage contained an equal number of male and female birds. Chicks were raised under environmentally controlled conditions, following a standard temperature regimen that gradually decreased from 32°C to 24°C by 0.5°C daily, and a 23L:1D lighting program. Artificial lighting was provided throughout the experiment. The temperature of the house, humidity, and vaccination program applied was based on broiler raisers’ recommendations. The ingredients and composition of the basal diet were ISO-caloric and ISO-nitrogenous and formulated to meet or exceed the nutritional recommendations by the National Research Council. The birds were fed a starter diet from 0 to 14 followed by grower and finisher diets calculated as a percentage of live body weight. As shown in Table 2, feed intake, daily weight gain, and feed conversion ratio were measure on a weekly basis. In addition, mortality for each treatment was recorded. At the end of the experimental period, 2 birds per treatment cage (n = 10 birds/treatment) were randomly selected, individually weighed, and slaughtered. Carcass yield was calculated by dividing eviscerated weight by live weight. Abdominal fat, gizzard, and liver were collected, weighed, and calculated as a percentage of live body weight.

Statistical Analysis
Data obtained were subjected to ANOVA using the General Linear Models Procedure in SPSS software. Treatment means were tested using Duncan’s multiple-range test, and statistical differences declared at P < .05.

Results
As shown in Table 2, feed intake, daily weight gain, and feed conversion ratio were significantly different in broilers fed various levels of peppermint.

Daily Weight Gain
During the starter period, no significant differences were observing between the daily weight gain of birds receiving peppermint and the control diet, although control treatment had the least average daily weight gain among other treatments. In the grower period, a significant growth promoting effect was observed from 4.5 g/kg peppermint powder than the control group (P < .05). Significant differences were seen among 3 g/kg, 4.5 g/kg, and 6 g/kg peppermint powders when compared with the control treatment in the finisher period. During

---

**Table 1. Composition (g/kg) and Calculated Analysis of Experimental Diets**

| Feed Ingredient (g/kg) | Starter (0-14 Days) | Grower (15-28 Days) | Finisher (29-42 Days) |
|------------------------|---------------------|---------------------|----------------------|
| Corn3                  | 577                 | 662                 | 702                  |
| Soybean oil            | 15                  | 23                  | 25                   |
| Soybean meal           | 365                 | 280                 | 240                  |
| Di calcium phosphate   | 19                  | 12                  | 12.4                 |
| Salt (NaCl)            | 3                   | 3                   | 3                    |
| Limestone              | 15.3                | 13.8                | 11.6                 |
| DL-methionine          | 1.5                 | 1.2                 | 1                    |
| L-lysine               | 1                   | —                   | —                    |
| Vitamin premixed       | 2.5                 | 2.5                 | 2.5                  |
| Mineral premixed       | 2.5                 | 2.5                 | 2.5                  |
| Calculated analysis    | 3004                | 3100                | 3150                 |
| AMEn (kcal/kg)         | 21.92               | 19.39               | 17.72                |
| Ca (%)                 | 0.95                | 0.87                | 0.79                 |
| Available P (%)        | 0.43                | 0.35                | 0.37                 |

**Table 2. Effects of Experimental Diets on DWG (g), DFI (g), and FCR of Broiler Chicks.**

| Period | Traits | Control | 1/5 g/kg | 3 g/kg | 4/5 g/kg | 6 g/kg | SEM   |
|--------|--------|---------|----------|--------|----------|--------|-------|
| Starter | DFI    | 36.64   | 36.12    | 34.65  | 34.11    | 36.26  | 0.220 |
| Grower  | DFI    | 25.27   | 26.56    | 26.45  | 26.24    | 26.47  | 0.305 |
|         | FCR    | 1.45    | 1.36     | 1.31   | 1.3      | 1.37   | 0.220 |
| Finisher| DFI    | 86.05   | 92.20    | 90.35  | 90.70    | 89.54  | 0.829 |
|         | DFWG   | 50.62   | 52.99    | 55.09  | 53.67    | 51.46  | 0.922 |
|         | FCR    | 1.7     | 1.74     | 1.64   | 1.69     | 1.74   | 0.324 |
| Total   | DFI    | 164.60  | 167.60   | 160.14 | 160.62   | 164.45 | 1.472 |
|         | DFWG   | 70.34   | 72.87    | 80.88  | 80.31    | 76.49  | 0.809 |
|         | FCR    | 2.34    | 2.3      | 1.98   | 2        | 2.15   | 0.523 |
|         | SEM    | 5.33    | 4.56     | 4.57   | 4.54     | 4.54   | 0.303 |

*Abbreviations: DFI, daily feed intake (g per bird per day); DWG, daily weight gain (g per bird per day); FCR, feed conversion ratio (g/g); SEM, standard error of the mean.*
the overall rearing period birds fed 4.5 g/kg peppermint powder basal diet had significantly ($P < .05$) better daily weight gain compared to the control group.

**Feed Conversation Ratio**

The results of the present study showed a significant ($P < .05$) improvement in feed conversion ratio of birds kept on a diet containing 4.5 g/kg peppermint powder.

**Mortality**

Birds fed 4.5 g/kg and 6 g/kg peppermint powder in diet had significantly ($P < .05$) lower mortality compared to the control group.

**Carcass Yield and Internal Viscera Organ**

The results showed that peppermint powder had an effect on the weight of heart, liver, gizzard, and abdominal fat in broilers. Data showed that there was significant difference ($P < .05$) on liver weight between birds fed 3 g/kg, 4.5 g/kg, and 6 g/kg peppermint powder compared to the control group (Table 3).

**Discussion**

The plants of the Labiate family are widely used in food, flavor, cosmetic, and pharmaceutical industries. Different studies on the effect of peppermint in humans showed that the plant has antiseptic, spasmylytic, and disinfectants properties. The results of this study indicated that feeding broilers with peppermint led to significant improvements in daily weight gain in the grower and finisher periods. This result was in accord with the results of Ocak et al. It seems that the positive effect of different levels of peppermint on increasing average daily weight gain was due to its decreasing effects on gastrointestinal disorders, thus strengthening the digestive system and improving feed efficiency. Moreover, the antiseptic property of peppermint prevents harmful bacterial growth in the digestive system that led to better digestion and absorption. The antiseptic property of peppermint results from the presence of menthol. Sefidcon et al proved that peppermint strengthened the stomach and intestinal slow motion because of alpha humole. Another study showed that peppermint extract causes neutralization of the ileum spasms in Indian pigs. It seems that the presence of active compounds such as essential oil in the plant stimulate appetite and improve the digestion and mineral absorption and increase feed efficiency in broilers. Peppermint has also been shown to cure indigestion and gas-paresis and indigestion in humans. Our results showed that enjoying peppermint especially at the starting period could decrease broiler mortality. It seems that the antiseptic properties of the plant prevented harmful bacterial growth in the intestinal tract and finally decreased broiler mortality. In addition, it has been shown that the improvement in the mortality might be due to the role of peppermint as an immune stimulating factor. Studies have shown that peppermint extract prevented bacterial growth of organisms such as *Shigella dysenteries*, *Bacillus cereus*, and *Salmonella typhi*. Sefidcon et al showed that existing limonen in peppermint removed the germs producing pneumococ in 1 to 3 hours, *Staphylococcus* in 20 minutes, and *Streptococcus* in 12 hours. Our results also showed that peppermint had a suitable role in decreasing mortality deriving from heart attack in male chicks at the end of the growth period. It seems the essential oil of the peppermint is effective to set the heart’s activity and preventing cardiac complications. In this regard, using the oil of peppermint has been report in heart pharmaceutical formulations such as valocordin and zelenin drops. It should be noted that peppermint has antioxidant activity and is able to counteract free radicals and oxidative stress. Antioxidants have been shown to combat a wide variety of diseases. Therefore, peppermint, which possess antioxidant activity, might also have protective effects on chicks and also enhance their quality.

**Authors' Note**

This study has been registered with Code Number 74-0210324-01 with the Vice Chancellor for Research in Education and Promotion, Iran’s Ministry of Agriculture.

**Acknowledgments**

The authors thank the Lorestan University of Medical Sciences for the cooperation extended.

**Author Contributions**

All the authors contribute equally toward writing the first draft of the manuscript. MRK revised and edited the final version.

---

**Table 3. Effect of Peppermint on Carcass Yield and Internal Relative Organ Weight of Broiler Chicks**

| Treatments | Carcass Yield (%) | Abdominal Fat (%) | Liver (%) | Gizzard (%) | Heart (%) |
|------------|-------------------|-------------------|-----------|-------------|-----------|
| Control    | 71.04$^a$         | 1.42$^a$          | 3.1 ± 1.11$^a$ | 2.7 ± 0.06$^a$ | 0.63 ± 0.05$^a$ |
| 1.5g/kg    | 72.06$^{ab}$       | 1.38$^a$          | 2.9 ± 0.09$^b$ | 2.8 ± 0.06$^a$ | 0.58 ± 0.04$^a$ |
| 3 g/kg     | 72.98$^{ab}$       | 1.40$^a$          | 2.8 ± 0.09$^b$ | 2.7 ± 0.07$^a$ | 0.62 ± 0.03$^a$ |
| 4 g/kg     | 73.58$^a$          | 1.40$^a$          | 2.7 ± 0.08$^b$ | 2.8 ± 0.05$^a$ | 0.66 ± 0.04$^a$ |
| 6 g/kg     | 73.04$^a$          | 1.46$^a$          | 2.8 ± 0.07$^b$ | 2.7 ± 0.05$^a$ | 0.67 ± 0.05$^a$ |
| SEM        | 0.31               | 0.21              | 0.16       | 0.18        | 0.07      |

Abbreviation: SEM, standard error of the mean.

*Means in each column with different superscripts are significantly different ($P < .05$).
Declaration of Conflicting Interests
The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

Funding
The author(s) received no financial support for the research, authorship, and/or publication of this article.

Ethical Approval
Ethical issues have been completely observed by the authors.

References
1. Amanpour R, Abbasi-Maleki S, Neyriz-Naghadehi M, Asadi-Samani M. Antibacterial effects of Solanum tuberosum peel ethanol extract in vitro. J Hermed Pharmacol. 2015;4(2):45-48.
2. Asadi N, Tahmasebi Gh, Nazarian H, Ranjbar M. Identification of nectar plant and pollen plant species used by honeybee. Pajouhesh-va-Sazandegi. 2001;14:20-23.
3. Amin GH. Iran Medicinal Plants. Vol 3. Tehran, Iran: Ministry of Health and Medical Education; 1992.
4. Baharvand-Ahmadi B, Rafieian-Kopaei M, Zarshenas MM, Bahmani M. Contrasting actions of various antioxidants on hyperlipidemia: a review and new concepts. Der Pharmacia Lettre. 2015;7(12):81-88.
5. Baharvand-Ahmadi B, Bahmani M, Rafieian-kopaei M. A summary on the prominent herbal medicine effective for beauty, skin hygiene and wound healing in Iran. J Chem Pharm Sci. 2016;9(1):28-33.
6. Bahmani M, Saki K, Shahsavar S, Rafieian-Kopaei M, Sepahvand R, Adineh A. Identification of medicinal plants effective in infectious diseases in Urmia, northwest of Iran. Asian Pac J Trop Biomed. 2015;5:858-864.
7. Farhadi A, Hassanzad-Azad H, Pour-Anbari P, et al. The most important medicinal plants affecting the brain and nerves: an overview on Iranian ethnobotanical sources. Der Pharma Chemica, 2016;8:269-274.
8. Botsoglou NA, Christaki E, Florou-Paneri P, Giannenas I, Papa-georgiou G, Spais AB. The effect of a mixture of herbal essential oils or α-tocopheryl acetate on performance parameters and oxidation of body lipid in broilers. Afr J Anim Sci. 2004;34:52-61.
9. Cabuk M, Ozkurt MB, Alcieck A, Akba SY. Effect of an herbal essential oil mixture on growth and weight of broiler from young and old breeder flocks. South Afr J Anim Sci. 2006;36:135-141.
10. Demir E, Sarica S, Ozcan MA, Suicmez M. The use of natural feed additives as alternatives for an antibiotic growth promoter in broiler diets. Br Poult Sci. 2003;44:S44-S45.
11. Gross WB, Siegel HS. Evaluation of heterophil/lymphocyte ratio as a measure of stress in chicken. Avian Dis. 1983;27:972-979.
12. Hernandez F, Madrid J, Garcia V, Orange J, Megias MD. Influence of low plant extracts on broilers performance, digestibility and digestive organ size. Poult Sci. 2004;83:169-174.
13. Karamati SA, Hassanzadazar H, Bahmani M, Rafieian-Kopaei M. Herbal and chemical drugs effective on malaria. Asian Pac J Trop Dis. 2014;4(suppl 2):599-601.
14. Lovkova MY, Buzuk GN, Sokolova SM., Klimenteva NI. Chemical of medicinal plants (a review). Appl Biochem Microbiol. 2001;37:229-237.
15. Ocak N, Frener G, Burak F, Sungu AKM. Altor and spring, A. Ozmn.: performance of broilers fed diets with dry peppermint (peppermint) or thyme (Thymus vulgaris L.) leaves as promoter source. Anim Sci. 2008;53:169-175.
16. Mehranpoor F. Antimicrobial effects of three species of saliva on three strains of intestinal pathogenic bacteria. Paper presented at: Proceedings of the 1st Medicinal Plants and Industrial Congress; 1995.
17. Movaseghi Sh. Phytochemical Properties of Some Medicinal Plants in Iran. Tehran, Iran: Research Institute of Forests and Rangelands (RIFR); 1990:67-75.
18. National Research Council. Nutrient Requirements of Poultry. 9th ed. Washington, DC: National Academy Press; 1994.
19. Nanekarani S, Goodarzi M, Heidari M, Landy N. Efficiency of ethanolic extract of peppermint (Mentha piperita) as an antibiotic growth promoter substitution on performance, and carcass characteristics in broiler chickens. Asian Pac J Trop Biomed. 2012;2:1611-1614.
20. Pattnaik S, Subramanyam VR, Bapaji M, Kole CR. Antibacterial and antifungal activity of aromatic constituents of essential oils. Microbes. 1997;89:39-46.
21. Statistical Package for Social Sciences. Base Application Guide SPSS (Version 19). Chicago, IL: SPSS, Inc; 1997.
22. Savithri B, Maheshwari P, Kumar S, Kumar A. Mentha species: in vitro regeneration and genetic transformation. Mol Biol Today. 2002;3(1):11-23.
23. Schuhmacher A, Reichling J, Schnitzler P. Veridical effect of peppermint oil on the enveloped herpes simplex virus type 1 and type 2 in vitro. Phytochemistry. 2003;10:504-510.
24. Sefidcon F. Study of Qualitative and Quantitative of Two Species of Peppermint Essential Oil. Tehran, Iran: Research Institute of Forests and Rangelands (RIFR); 1996.
25. Shaian A. Antibacterial effects of three species of saliva on three strains of intestinal pathogenic bacteria. Paper presented at: Proceedings of the 1st Medicinal Plants and Industrial Congress; 1995.
26. Sivropoulou A, Papanikolaou D, Arsenakis M. Antimicrobial and cytotoxic activities of oregano essential oils. J Agric Food Chem. 1996;44:1202-1205.