

# **Primary Benefits**

- Use on surface as a powerful cleansing and purifying agent
- Supports a healthy immune system, healthy digestion, and respiratory function when used internally\*
- Offers powerful antioxidants when ingested\*

## **Aromatic Description**

Herbaceous, sharp, green, camphoraceous

### **Collection Method**

Steam Distillation

### **Plant Part**

Leaf

### **Main Constituents**

Carvacrol, thymol

# Description

Oregano oil is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. The primary chemical components of Oregano is carvacrol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano essential oil; only one to two drops is needed.

Additionally, Oregano oil should be diluted with a carrier oil when applied to the skin. One drop taken internally each day can help maintain healthy immune function; Oregano oil can be taken more frequently as needed to further support the immune system.\* In addition to being a popular cooking spice, Oregano oil also supports healthy digestion and respiratory function when taken internally.\* Oregano oil's aroma acts as an enhancer and equalizer in essential oil blends.



#### Uses

- Take one drop of Oregano oil in a veggie cap or 4 fl. oz of liquid daily to maintain healthy immune function.\*
- Add one to two Oregano oil drops to a veggie capsule to support healthy respiratory function.\*
- Put one drop of Oregano essential oil in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.
- Put 10 Oregano oil drops in a 16-ounce spray bottle with water for a surface cleaner.

**Topical use:** Dilute 1 drop essential oil to 10 drops carrier oil. See additional precautions below.

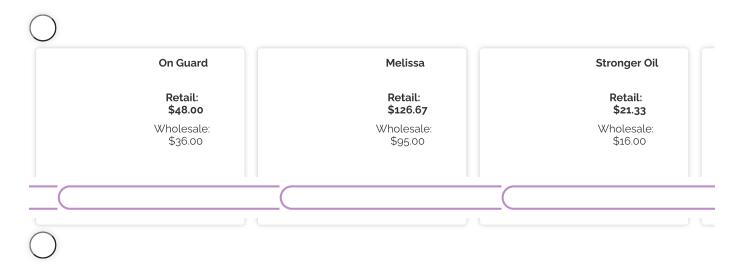
This oil is Kosher certified.

## Cautions

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, face, and sensitive areas.



### **Recommended Products**



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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