

# OIL OF OREGANO

(*Origanum vulgare*)

## Supercritical CO<sub>2</sub> Extract of Oregano

### DOSAGE

1 capsule, two times daily

### DURATION OF USE

Internal use of essential oils should be limited to a maximum of 4 weeks. In cases of continued application, allow 2 weeks break between courses for 1 week of use.

### BEST TAKEN

Between meals, with warm water

### HISTORY

There are about 20 different species of plants called Oregano. Oregano is a species of *Origanum* of the mint family that is native to Europe, the Mediterranean region and southern and central Asia. *Origanum vulgare* is a hardy, aromatic, bushy perennial with rose-purple, sometimes pink to white flowers. It is a European native, where it is commonly called "Wild Marjoram." Oregano has been highly prized for thousands of years for its culinary, cosmetic, and medicinal folk uses. Ancient Greeks held the plant in such esteem that they believed that Aphrodite created it to be a symbol of happiness. The ancient Egyptians also held the plant in high regard and used it as an emollient and preservative. Hippocrates, the father of medicine, used oregano as an antiseptic as well as a cure for stomach and respiratory ailments.

Food safety is a significant concern for both consumers and the food industry. The increasing incidence of foodborne diseases has increased the demand of using antimicrobials in foods. Some spices and plants are naturally rich in essential oils and show inhibition activity against several microorganisms. Recently, in the field of food science, researchers have begun to explore the use of Oil of Oregano as a food preserver to help extend shelf life of food. In the food safety industry, Oil of Oregano appears to be beneficial for food, such as processed and prepared meat, poultry and fish, to promote an optimal balance of beneficial and harmful bacteria and yeast. In this model, Oregano is used to help mitigate or reduce adverse microbial responses in food. In addition to Oil of Oregano, oils of thyme, clove, and orange essential oils also appeared to promote a healthy balance of organisms and prevent contamination of food.

### RESEARCH AND OREGANO

Oregano is high in antioxidant activity, due to a high content of phenolic acids and flavonoids. Oregano contains key constituents that function synergistically to support the body's natural resistance to microscopic invaders in the environment. Specifically, the volatile oils found in oregano, contain potent



### Supplement Facts

Daily Serving Size 2 Capsules	
Servings Per Container 30	
Amount Per 2 Capsules	mg
Calories 14	
ALCOHOL FREE CONCENTRATED EXTRACT OF:	
Oregano leaf, (Mediterranean) Supercritical CO <sub>2</sub> Extract ( <i>Origanum vulgare</i> ) †	460 mg†
STANDARDIZED TO FULL SPECTRUM PROFILE	
Carvacrol	64 mg†

†Daily Value not established.

Other ingredients: Soy lecithin, vegetable cellulose (capsule).

† = Ecologically Harvested

phenols, including carvacrol and thymol, which help to support a healthy microbial environment in the intestines and throughout the body. Oregano leaf also acts as an antioxidant and contains the flavonoid rosmarinic acid that appears to normalize the chemical cyclooxygenase 2 (Cox-2). Cox-2 is associated with inflammation in tissues.

In vitro studies of Oregano oil, along with other essential oils such as Tea Tree oil, appears to have a particular affinity for *Candida* species as well as a variety of gram positive and gram negative bacteria. One study found that in conjunction with Nystatin treatment, Oil of Oregano synergistically inhibited *Candida* species better than Nystatin treatment alone. One human study conducted in 2000, found that after 6 weeks of supplementation with Oil of Oregano, that the body had a healthy immune response against parasites, specifically *Entamoeba hartmanni* (four cases), *Endolimax nana* (one case), and *Blastocystis hominis*.

The majority of research to date on Oregano has been done in vitro or in animals, therefore there is insufficient research to scientifically validate all of these actions in humans.\* Oregano has been shown to possess significant antioxidant capacity in various in vitro models and has thus been suggested to be potentially beneficial to human health, but again studies in humans are lacking.

However, recently a study was conducted on the effects of *Origanum onites* on endothelial function and antioxidant status. *Origanum onites* is a related species of oregano that is found primarily in Greece and Turkey. This study investigated 48 patients with mild hyperlipidaemia who did no conventional drug therapy and were prescribed 25 ml of aqueous distillate of *Origanum onites* to be taken after each meal for 3 months. Consumption of *Origanum onites* had beneficial effects on lipid profiles, antioxidant status and endothelial function in patients with mild hyperlipidemia when compared to the placebo group.

A 2006 study examined consumption of orange-mango juice fortified with oregano extract and found a markedly increased

excretion of phenolic acids but lacked short- and long-term effects on lipid peroxidation in healthy nonsmoking men. This study was only conducted for 4 weeks versus the 12 week study noted above. This suggests that the use of Oil of Oregano as an antioxidant may increase with time.

### COMPLEMENTARY HERBS/FORMULAS

Wormwood Black Walnut Supreme, Rejuve Gentle Daily Fiber, Gas and Bloating, Flora Wellness, Daily Bitters

### SAFETY EVALUATION/CONTRAINDICATIONS

Do not take pure essential oil of Oregano internally. Note that oil of Oregano contains essential oils, but is not a pure essential oil.

This product should be avoided in pregnancy and lactation.

Excessively high doses may cause intestinal upset, diarrhea, frontal headache, tinnitus, anorexia, nervousness and loss of taste. Do not exceed the recommended dose. Use with caution if you are allergic to the Lamiaceae (includes basil, sage, mint, hyssop, lavender and others) family. This herb may cause a systemic allergic reaction. If you experience fast or irregular breathing, itching, skin rash or hives, seek medical attention promptly.\*

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