

# Oregano

*Origanum vulgare* 15 mL

# dōTERRA®

PRODUCT INFORMATION PAGE



**CPTG** Certified Pure Therapeutic Grade®

**Application:** **A** **T** **I** **D**

**Plant Part:** Leaf

**Extraction Method:** Steam distillation

**Aromatic Description:** Herbaceous, sharp, green, camphoraceous

**Main Chemical Components:** Carvacrol, thymol

## 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\*

### Oregano

*Origanum vulgare* 15 mL

Part Number: 30180001

Wholesale: \$24.00

Retail: \$32.00

PV: 24



## PRODUCT DESCRIPTION

Oregano 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 carvacol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed. Additionally, Oregano 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 can be taken more frequently as needed to further support the immune system.\* In addition to being a popular cooking spice, Oregano also supports healthy digestion and respiratory function when taken internally.\* Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

## USES

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

## DIRECTIONS FOR USE

**Diffusion:** Use three to four drops in the diffuser of choice.

**Internal use:** Dilute one drop in 4 fl. oz. of liquid.

**Topical use:** Dilute one to two drops with a carrier oil then apply to desired area. See additional precautions below.

## 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, and sensitive areas.

\*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.