

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*

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Part Number: 30180001

Wholesale: \$22.00

Retail: \$29.33

PV: 22



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: To apply topically, dilute 1 drop essential oil to 10 drops carrier oil. 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, face 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.