OIL OF OREGANO
(Origanum vulgare)

Supercritical CO₂ Extract of Oregano

ALCOHOL-FREE CONCENTRATED EXTRACT OF:
OREGANO LEAF MG EXTRACT PER 2 CAPS
Wild Mediterranean super critical CO₂ extract
(Origanum vulgare) 460 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE
Carvacrol 64 mg

HISTORY
There are many different species of plants called Oregano. 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 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.

THE HEALTH-GIVING ACTIONS OF OREGANO
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, including carvacrol and thymol, help to support a healthy microbial environment in the intestines and throughout the body. Further, oregano leaf 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. As well, oregano may encourage the healthy elimination of toxins from the body and support the healthy production of bile. There is insufficient reliable research to scientifically validate all of these actions in humans.*

COMPLEMENTARY HERBS/FORMULAS
Black Walnut/Coptis Supreme, Artemesia/Quassia Supreme, Spilanthes Supreme.

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.*

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

KNOWN DRUG INTERACTIONS
There are no known drug interactions with oregano. However, this herb may not have been studied sufficiently to determine its interactions with other medications. Before using oregano, talk with your healthcare professional if you take any medications.*

REFERENCES

FOR INFORMATION ON OTHER GAIA PRODUCTS PLEASE VISIT OUR WEBSITE
www.gaiaherbs.com
GENERAL REFERENCES


DeSmet PAGM. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag. 1993
