

# Oregano

Essential Oil Supplement 5 mL

dōTERRA®

Product Information Page (UAE)



CPTG®

**Application:** I | S

**Ingredients:** Origanum Vulgare Oil

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

**Oregano** | Essential Oil Supplement 5 mL  
60223742

## Primary Benefits

- + Supports a healthy digestive system.

## Description:

For hundreds of years, Oregano has been known as one of the most potent and beneficial essential oils. A primary chemical component of Oregano is carvacrol, a phenol, which makes it one of the most multifaceted and powerful essential oils in the world.

Due to its high phenol content, caution should be taken especially when using the essential oil for internal benefits. Oregano is a popular cooking spice and Oregano essential oil is an ideal substitute in recipes.

## Uses

- + Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast.

## Directions

**Internal:** Dilute one drop in 120 mL of liquid. Take it once a day.

## Cautions

Only use diluted. Take no more than one drop per day. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with sensitive areas.