OREGANO
*Origanum vulgare* 15 mL

Enhance
*Aromatic description: Herbaceous, sharp, green, camphoraceous*

**Powerful, potent and herbaceous Oregano.**

Although widely known as a fragrant cooking herb, Oregano, with its camphoraceous and herbal aroma has been used for centuries in traditional practices. The primary component of Oregano is carvacrol; a phenol that possesses antioxidant properties.

**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 component of Oregano is carvacrol. Due to its high phenol content, caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed.

Oregano is a popular cooking spice and Oregano essential oil is an ideal substitute in recipes.

**USES**

- Add one drop of Oregano Essential Oil in place of dried Oregano to spaghetti sauce, pizza sauce, or on a roast.

**DIRECTIONS FOR USE**

**DIFFUSION:**
Use three to four drops in a diffuser of your choice.

**FOOD FLAVOUR:**
Dilute one drop in food or liquid.

**Tip:** Oregano has a strong flavour and you may want to add using a toothpick.

**See additional precautions below**

**PLANT PART:**
Leaf

**EXTRACTION METHOD:**
Steam distillation

**KEY COMPOUND:**
Carvacrol, thymol

**PRIMARY BENEFIT**
Oregano is used extensively in Mediterranean cooking. Add one drop of Oregano Essential Oil in place of dried Oregano to spaghetti sauce, pizza sauce, or on a roast.

**SECONDARY BENEFIT**
Carvacrol; a component of Oregano Essential Oil may have antimicrobial properties.

**TERTIARY BENEFIT**
Oregano Essential Oil contains antioxidants known to reduce the damage caused by free radicals.

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