

Oregano

Origanum vulgare 15 mL

dōTERRA | ISRAEL

PRODUCT INFORMATION PAGE



CPTG Certified Pure Tested Grade™

Known as a popular cooking spice, Oregano oil also acts as a powerful cleansing agent, extending its uses far beyond the kitchen.

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

PRIMARY BENEFITS

- Use on surface as a powerful cleansing and purifying agent
- Supports a healthy digestive system when used internally

Oregano

Origanum vulgare 15 mL

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. 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. In addition to being a popular cooking spice, Oregano also supports a healthy digestive system. 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.
- 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 1-2 drops in the diffuser of choice.

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

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.