

Oregano

Origanum vulgare 15 ml

dōTERRA® | INDIA

Product Information Page



Application: A I S

Plant Part: Leaf

Extraction Method: Steam distillation

Aromatic Description: Herbaceous, sharp, green, camphoraceous

Main Chemical Components: Carvacrol, thymo

Oregano | *Origanum vulgare* 15 ml

SKU: 60219521

Primary Benefits

- + A versatile flavoring component widely used across the world in savory dishes, commonly used as a dry herb
- + Incredibly pungent fragrance and flavor when used in cooking, allowing the user to make a little go a long way in each dish
- + Spicy and herbaceous flavor ideal for soups, salads and seasoning any savory dish

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 essential oil is carvacol, a phenol that possesses antioxidant properties when ingested. Due to its high phenol content, caution should be taken when inhaling Oregano essential oil, only one to two drops is needed. In addition to being a popular cooking spice, Oregano essential oil also supports a healthy digestive system when taken internally. Oregano's aroma acts as an enhancer and equalizer in essential oil blends.

Uses

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

Directions for Use

Diffusion: Use one to two drops in the diffuser of choice.

For Use in Food: Dilute one drop in 120 ml of liquid.

Tip: Oregano has a strong flavor and you may want to add using a toothpick. 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, nose, face and sensitive areas.