

# 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 camphorous and herbal aroma has been used for centuries in traditional practices. The primary component of Oregano is carvacrol; a phenol that possesses antioxidant properties.

### 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.

### 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

- Put one drop in place of dried oregano in spaghetti sauce, pizza sauce or on a roast.
- Diffuses well with Lemon, Rosemary, Peppermint and Cypress Essential Oils.

### PLANT PART:

Leaf

### EXTRACTION METHOD:

Steam distillation

### KEY COMPOUND:

Carvacrol, thymol

### 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*

#### CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears and sensitive areas.



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