

OREGANO

origanum vulgare

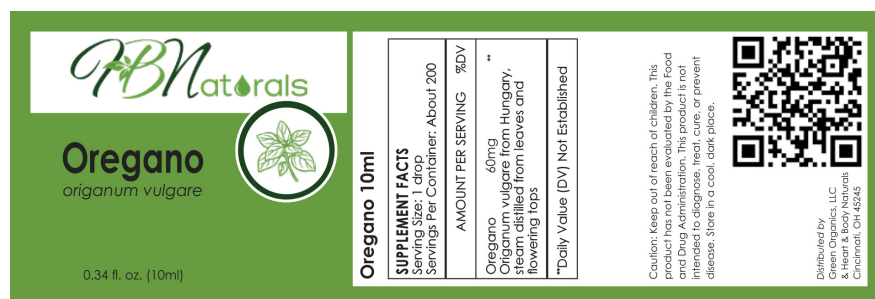
ABNnaturals
PRODUCT INFORMATION PAGE

Oregano Essential Oil is one of nature's most potent protectors, revered for centuries for its powerful immune-supporting and antimicrobial properties. Sourced from wildcrafted oregano and steam-distilled to preserve purity, this essential oil delivers concentrated plant compounds that help defend the body against harmful pathogens and environmental stressors. This versatile oil also supports gut health and overall wellness. When used properly, it may aid digestion, reduce inflammation, and assist the body in eliminating unwanted microbes. A few drops diluted in a carrier oil can be massaged into the abdomen or applied to reflex points for added support.*



DIRECTIONS

- Dilute 60 drops of Oregano in 1 ounce of carrier oil and apply down the spine to support the immune system or relieve pain.*
- The best place to apply Oregano topically for systemic benefit is the soles of the feet. Apply 6 drops of the diluted mixture on each foot twice a day for immune support in fighting infections.*
- For clearing intestinal parasites, take 3 drops daily in a capsule with carrier oil; six days on and one day off, for a total of 6 weeks.*
- Should only be diffused under extreme circumstances, with great caution, to kill black mold or environmental toxins. Make sure everyone is out of the room during diffusion and for 8 hours afterwards.*



FUNCTIONAL CONSTITUENTS

- **Carvacrol & Thymol:** The primary active compounds in oregano are known for their powerful antimicrobial and antioxidant properties. They give oregano its strong immune-supporting, antibacterial, and anti-fungal effects.*

Clinical studies for Oregano:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6152729/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6182053/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7811018/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC12026536/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5483461/>
- <https://pubmed.ncbi.nlm.nih.gov/27211664/>
- <https://pubmed.ncbi.nlm.nih.gov/38847831/>
- <https://pubmed.ncbi.nlm.nih.gov/29777637/>

CAUTIONS

- **Safety Group 4:** Not for use by children, pregnant or nursing women, or individuals with weakened immune systems.*
- Oregano is a "hot" oil and can irritate skin and mucous membranes. If undiluted oil touches your skin, apply a carrier or olive oil immediately - avoid using water, as it can push the oil deeper and worsen the irritation.*
- Keep out of reach of children and pets.*
- Store away from sunlight, at room temperature, with the lid securely tightened.*

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

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