



**Nutritional  
Frontiers**

HERBAL TINCTURES

# Oregano

**Oregano is utilized to help with conditions such as fungal and bacterial infections**

Oregano, an aromatic perennial herb, is prized for both its culinary and medicinal applications. Oregano is native to the Mediterranean region but is cultivated world-wide. There are several related species of oregano including the European variety, Greek/Turkish, and Mexican. Oregano has traditionally been used for conditions ranging from fungal and bacterial infections to indigestion and gas.

Different preparations of oregano leaf exhibit antioxidant and anti-microbial activity. Oregano leaf contains phenolic compounds called flavonoids which possess natural antioxidant activity. Essential oil of oregano, which is distilled from the leaf of the oregano plant, is strongly antioxidant. Antioxidants are agents fight free radical damage.

Oregano oil has been shown by in vitro research to have antifungal action. As an anti-fungal, oregano oil specifically targets the *Candida* species, including *Candida albicans*. Oregano extracts not only combat yeast like *Candida albicans*, but also other microbial species like *Staphylococcus aureus*, *Bacillus subtilis*, *Escherichia coli*, and *Pseudomonas aeruginosa*. Oregano may even be effective against drug-resistant strains of bacteria.

In addition to directly targeting pathogens, oregano may also have modulating effects on the immune system. A 2013 animal study revealed that dietary supplementation with oregano increased immune

cell counts and activity. While most of the research on oregano has been performed in vitro or on animals, this plant still holds promise for having an array of benefits in human supplementation.

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**Suggested Use:** 1-2 droppers, 3-6 times daily, add to water or juice.

**Warning:** If you are pregnant or nursing, have lupus (SLE), are taking blood thinners, or chemotherapy, consult your health care practitioner before taking this or any herbal product.

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