

MEDITERRANEAN OREGANO

What is OREGANO?

Oregano, also known as *Origanum vulgare*, contains several active ingredients including carvacrol, thymol, borneol, flavonoids, rosmarinic acid, triterpenoids (e.g. ursolic and oleanolic acid), sterols and vitamins A and C. Research indicates Oregano is a potent source of antimicrobial, antiparasitic, antifungal and antioxidant compounds protecting against the effects of a wide number of bacteria and free radicals. Experts at the US National Institute on Aging confirm that it is one of the most powerful herbs to slow the aging process and promote longevity. Research at the US Department of Agriculture has indicated Oregano and other herbs are more powerful antioxidants than fruits and vegetables. *

What are the benefits?

Oregano has been used for thousands of years in the treatment of indigestion and stomach upsets, influenza, mild feverish illnesses, respiratory tract disorders, colds, coughs, bronchial mucous membrane inflammation and as an expectorant. A US Department of Agriculture study has shown Oregano to be rich in cancer-fighting quercetin, offering the most antioxidant activity of all herbs. Another study at the University of Tennessee, funded in part by the US Food and Drug Administration, has shown Oregano to inhibit a number of pathogens including, but not limited to, *Listeria*, *Staph* and *E. coli*. This strengthens the fact that it is effective against various types of bacteria and not just ones that affect the respiratory tract. An article in *Business Week* magazine (October, 2001) has stated that "Oregano could turn into the next wonder drug." Oregano does not interact with any prescription medications, but should not be used during pregnancy as it stimulates menstruation. *

Supplement recommendation:

Look for a product containing Moroccan Oregano; a source that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Contains powerful antioxidant activity to fight free radicals ***
- **A good protectant for the respiratory tract***
- **Alternative way to stop antibiotic resistant microbes***
- **Rich in cancer-fighting quercetin***
- **Helps slow the aging process***
- **A natural wide spectrum antibiotic to fight all kinds of pathogens***
- **Effective against various types of bacteria***
- **Contains antimicrobial, antiparasitic and antifungal properties***
- **Promotes wellness and longevity***

Supporting Research:

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* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.