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Oregano Oil

Not Just your Average Spice!



holista®

Organic
Oregano Oil
Huile d'Origan
Biologique

80% Carvacrol
Extra Strength
Extra Fort
80% de Carvacrol



 holista

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Not Just your Average Spice!

Organic Oregano Oil from Holista® is a potent antioxidant, antibacterial, and antimicrobial oil from wild-crafted Mediterranean oregano. The leaves are hand picked and gently steam distilled for potency and purity. The key germ-killing constituent of *Origanum vulgare* is carvacrol. Choose Holista® Organic Oregano Oil with 36% carvacrol or Extra Strength with 80% carvacrol, for the highest quality.

 holista.com



1910

Scientist W. H. Martindale found Oil of Oregano 26 times more active as an antiseptic than phenol (or carbolic acid, as it was known in 1910).

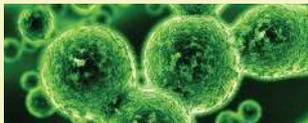
The Power of Oregano Oil

A Natural Daily Immune Booster!



Active Ingredients

Carvacrol is the predominant phenol (a potent organic compound) in oregano oil and is the primary indicator of oregano oil's potency. The pure oil is very strong and must be blended with a carrier oil such as organic olive oil.



Germ Killing Action!

Oregano's natural compounds combat bacterial, fungal, viral, and parasitic infections. The active ingredients in oregano can cause changes in the outer membranes of bacterial cells that may lead to the destruction of invading bacteria.



Prevention

Oregano Oil can be used daily for general immune support and as a natural antiseptic and antioxidant. Extra Strength Oregano Oil, with 80% carvacrol, should be used when extra potency is required, such as at the onset of an ailment or to disinfect.

1918

French scientist Cavel found that Oregano Oil in very small amounts were able to destroy and prevent development of microbes in septic tank water.

Internal Use

Fight Bacteria, Microbes and Fungi



Reduce and Prevent Cellular Damage

Origanum vulgare has a higher antioxidant capacity (ORAC) than fruits, berries, vegetables, or vitamin E. Antioxidant nutrients help reduce the effects of aging and protect overall health.



Fight Bacteria and Infections

Two key compounds in Oregano Oil—Carvacrol and Thymol—have been shown to inhibit bad bacteria such as salmonella and E. coli. One study found oregano oil just as effective as a common antibiotic in the treatment of candida infections.



Colds, Flu and Illness

Oregano has a history of use for respiratory and sinus conditions, relief of digestive difficulties, as well as a germ fighter against parasites, colds and flu. It also can be used as an antiseptic for the mouth and throat.

1977

French doctor Belaiche determined that the most therapeutic Oregano Oil is especially high in carvacrol, a potent natural phenol.

External Use

A Natural Household Cleanser and Sanitizer!



Clean and Sanitize

Oregano oil is a non-toxic cleanser and disinfectant. Add a few drops to liquid hand soap to inhibit bacteria; on a damp cloth to wipe down a baby changing table or kitchen counter; to a bucket of water for cleaning.



Aromatherapy

Oregano Oil is highly aromatic. A few drops in your bath or on the shower floor will create health enhancing vapors. Add to massage oil or cream and rub into aching joints or tired muscles. **DO NOT** get oregano oil in your eyes.



Skin Cleanser

For acne, nail fungus, athlete's foot or warts, place a few drops of regular strength Oregano Oil on a cotton ball and rub the affected area. Add Oregano Oil Extra Strength with 80% carvacrol to warm water for a healthful foot bath.

1992

Italian researchers Caccioni and Guizzardi found that Oregano Oil's carvacrol inhibited spore development in fruits and vegetables even when used in very small amounts.