

# Oil of Oregano

*For gastrointestinal health and powerful antioxidant protection\**

Like rosemary, garlic, ginger, turmeric, and other common herbs and spices, oregano is a familiar culinary ingredient that has properties which are accentuated when its essential components are isolated and concentrated. The oil extracts of Mediterranean oregano (*Origanum vulgare*) have traditionally been used in botanical medicine for supporting the health of the gastrointestinal tract by promoting intestinal cleansing and a healthy balance of gut bacteria.\* Additionally, oil of oregano is prized for its powerful antioxidant protection.\* This product is standardized for carvacrol and thymol, the principal phenolic compounds in oregano, with each softgel providing 36 mg carvacrol and thymol from an impressive 60-75% carvacrol oregano oil. Our oil of oregano is of the highest quality and is not genetically modified (non-GMO).

## Applications of Oil of Oregano

Oil of oregano may support the body's normal defenses against the overgrowth of yeast, fungi and unfriendly bacteria, making it beneficial as part of a protocol targeted to support intestinal health and promote a more balanced gut microbiota.\* As a source of antioxidants, oil of oregano can neutralize free radicals that lead to chemical damage or rapid cellular aging and deterioration in the body.\* One antioxidant component of oil of oregano, rosmarinic acid, is a particularly potent antioxidant and may be beneficial for supporting the immune system and a healthy response to inflammation.\* Additional antioxidants in oil of oregano include hydroxycinnamic acid, p-hydroxyhydrocaffeic acid and labiatic acid, all of which may have significant health benefits.

## Synergy with Olive Oil

Concentrated essential oils can be irritating to gastrointestinal mucosa. To avoid this, the oil of oregano in this product is emulsified in olive oil as a carrier. Emulsification also increases the surface area of the essential oil particles, which means a smaller amount of the essential oil may be effective for coming into contact with more of the inner surface of the small intestine, which is where it exerts most of its effects.\*

**Recommended Use:** As a dietary supplement, take one softgel per day with a meal, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).