**Oil of Oregano**

**The Moss Nutrition Professional Line**

**CLINICAL STRENGTH ANTI-MICROBIAL SUPPORT**

- Highly concentrated 10:1 lipidic extract in pure olive oil.*
- Equivalent to 1,500 mg fresh *Origanum vulgare* herb.*
- Researched, natural botanical support to help promote healthy immune function and healthy intestinal biota.*

Moss Nutrition **Oil of Oregano** provides your patients with a premium quality oregano extract that has been rigorously tested for purity and potency. It is rich in antioxidants, phenolic acids and antimicrobial phytochemicals to help support a healthy microbial environment in the gastrointestinal tract and a healthy immune response.

**Oil of Oregano** is derived from the fresh leaves of *Origanum vulgare*, a warm, stimulating, antiseptic herb valued throughout history for its cleansing, astringent and analgesic properties. Oregano, also known as wild marjoram, is closely related to thyme. These herbs are rich in naturally occurring phytochemicals (tannins, volatile oils and phenolic compounds) that have powerful antibacterial, antiviral, anti-parasitic and antifungal properties. Notably, the phenolic monoterpenes carvacrol and thymol (an isomer of carvacrol) are considered the primary biocidal compounds in oregano. These two compounds have been studied for numerous potential uses and applications, including incorporation into spoilage-resistant food packaging and as an adjunct therapy against antibiotic-resistant strains of pathogenic bacteria (e.g. *B. cereus*, *B. subtilis* and *Aspergillus niger*).

Herbalists and holistic medical practitioners have long considered oregano oil a first line defense against bacteria and fungi in the gastrointestinal tract and throughout the body. Research suggests carvacrol exerts considerable effects on both the structural and functional properties of cytoplasmatic membrane, indicating specificity against biofilm-forming microorganisms, systemic and superficial fungal overgrowths and other pathogenic manifestations. In traditional usage, the oil also may be applied topically.

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A 2005 study showed that oil of oregano was capable of eradicating such diverse organisms as Staphylococcus aureus, Escherichia coli, Klebsiella pneumoniae, Helicobacter pylori, and Mycobacterium terrae in vitro. In other research, essential oils obtained from Origanum vulgare by hydrodistillation exhibited antimicrobial action against numerous gram-positive pathogens including Bacillus cereus and Bacillus subtilis.

Additional studies have found that oil of oregano completely inhibited growth of Candida albicans in culture at a dose of 0.25 mg/ml. Carvacrol itself has been shown to exert 75% or greater inhibition against the biofilms of three candida species: C. albicans, C. glabrata and C. parapsilosis.

Depending on patient needs, Moss Nutrition Oil of Oregano may be used to address either acute or chronic concerns. Because microbial and parasitic pathogens are known to mutate rapidly and develop adaptive resistance to treatments, a rotation protocol that cycles use of oregano oil with other products may be beneficial.

**CLINICAL USAGE SUGGESTIONS**

- Use Oil of Oregano alone or in combination with other products, such as Moss Nutrition ParaBotanic Select™. Take together or as part of a Rotation Protocol.
- Oil of Oregano is best taken between meals on an empty stomach if patient can tolerate; otherwise, take with food.
- For chronic issues expect an average treatment period of 6-8 weeks, or until symptoms resolve and testing indicates pathogen has cleared.

**REFERENCES**