



Oregano Oil

HERBAL SUPPLEMENT

Carvacrol formula for optimal health

- Source of antioxidants
- Provides 25.8 mg of oregano oil per day
- Includes 20 mg of carvacrol per day

GENESTRA BRANDS Oregano Oil naturally contains carvacrol, and is one of the primary bioactive compounds in oregano.¹ In addition to being responsible for the warm mouthfeel after oregano consumption, carvacrol exerts strong antioxidant effects.¹ Carvacrol potently scavenges free radicals, reduces free radical-induced DNA damage, and decreases lipid oxidation.¹ In an *in vitro* study comparing the antioxidant capacity of 26 spice extracts - including mint, cinnamon, sage, rosemary and thyme - oregano had both the third highest antioxidant capacity and total phenolic content.² Specifically, oregano's total antioxidant capacity ranged from nearly 1.5 to 183 times higher than 23 other spices.²



EACH DROP (0.031 ml) CONTAINS:

Oregano oil (from *Origanum vulgare* leaf).....8.6 mg
Providing: Carvacrol.....6.7 mg

Non-Medicinal Ingredients: Extra virgin olive oil

Recommended Adult Dose: Take 3 drops daily or as recommended by your healthcare practitioner. Take with food, a few hours before or after taking supplements containing iron, zinc, calcium or copper.

Product Size: 0.5 fl oz (15 ml)

Product Code: 07681

NPN 80058588



REFERENCE

1. Singletary, K. Oregano Overview of the Literature on Health Benefits. *Nutrition Today*. 2010; 45(3): 129-138.
2. Shan, B, Cai, YZ, Sun, M, Corke, H. Antioxidant Capacity of 26 Spice Extracts and Characterization of Their Phenolic Constituents. *J. Agric. Food Chem.* 2005; 53: 7749-7759.

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