

OIL OF OREGANO & BLACK SEED OIL

Origanum vulgare

20 mg carvacrol • 7 mg thymoquinone per serving (4 drops)

A Traditional Pairing, Carefully Crafted

Oil of Oregano & Black Seed Oil brings together two of history's most respected botanicals in one simple formula. Cold-pressed *Nigella sativa* seed oil naturally provides thymoquinone, while steam-distilled *Origanum vulgare* leaf oil is standardized for carvacrol.

With no fillers or unnecessary ingredients, this liquid formula delivers these traditional oils as nature intended, offering naturally occurring antioxidant support for everyday wellness.

WHY THESE TWO OILS WORK TOGETHER

Oil of Oregano and Black Seed Oil have each earned a long history of traditional use across Mediterranean and Middle Eastern cultures. Together, they provide a complementary blend of naturally occurring compounds that has made them a trusted pairing for everyday wellness.

Rather than isolating individual compounds, we preserve the natural character of both oils, allowing each botanical to contribute its unique profile to a thoughtfully balanced formula rooted in tradition.*

FUNCTIONAL CONSTITUENTS

Thymoquinone	The primary functional constituent in Black Seed Oil (<i>Nigella sativa</i>), thymoquinone has been widely studied for its antioxidant properties and its role in supporting immune, respiratory, and cellular health.*
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Carvacrol	The primary functional constituent in Oil of Oregano (<i>Origanum vulgare</i>), carvacrol has been widely studied for its antioxidant properties and its traditional role in supporting digestive and microbial balance.*
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Clinical Studies:	https://pmc.ncbi.nlm.nih.gov/articles/PMC5633670/ https://pubmed.ncbi.nlm.nih.gov/29962349/ https://pubmed.ncbi.nlm.nih.gov/27364039/ https://pubmed.ncbi.nlm.nih.gov/38019023/ https://pubmed.ncbi.nlm.nih.gov/35792130/ https://pubmed.ncbi.nlm.nih.gov/38792138/
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HOW WE SOURCE

Quality begins long before the bottle is filled. Both botanicals are selected for their traditional origins and naturally occurring functional compounds.

Our Black Seed Oil is cold-pressed from *Nigella sativa* seeds to preserve its natural composition and thymoquinone content.

Our Oil of Oregano is steam distilled from *Origanum vulgare* leaves naturally rich in carvacrol, without unnecessary processing.*

OUR FORMULA FEATURES:

- ✓ Two traditional botanical oils
- ✓ Whole plant integrity
- ✓ Naturally occurring active constituents
- ✓ No fillers or additives
- ✓ Uncompromised ingredients

We start with whole botanical oils and keep the formula simple. Every ingredient has a purpose, and nothing unnecessary is added.

WHAT IT SUPPORTS

- Immune resilience & recovery*
- Healthy microbial balance*
- Respiratory health & clear breathing*
- Digestive comfort & intestinal wellness*
- Antioxidant defense & cellular vitality*

OIL OF OREGANO IN THE STILLROOM

For centuries, the stillroom was the heart of the home apothecary. It was where herbs were dried, oils were distilled, and botanical preparations were carefully crafted—not for trends or quick fixes, but as part of everyday family life. Knowledge was passed from one generation to the next, and each plant was valued for its unique character and traditional purpose.

Among those trusted botanicals was oregano. Long before it became a familiar culinary herb, its aromatic leaves were distilled into a concentrated oil and kept close at hand in households throughout the Mediterranean. Appreciated for its distinctive aroma and naturally occurring compounds, Oil of Oregano earned its place beside other treasured herbal preparations.

At Zilara, we continue to draw inspiration from that stillroom tradition. While today’s methods are guided by modern quality standards, our philosophy remains much the same: begin with quality botanicals, process them with care, and preserve the integrity of the plants themselves.*

THE ZILARA DIFFERENCE

Every botanical formula we create begins with the same philosophy: start with quality ingredients, process them with care, and never add more than the formula truly needs.

- Whole botanical ingredients
- Carefully selected plant pairings
- Naturally occurring plant compounds
- Purpose-driven formulations
- Transparent ingredient labeling*

SUGGESTED USE

4 drops in a glass of water or juice, up to twice daily.

CAUTIONS

- Safety Group 4: Never recommended for children or while pregnant or nursing.
- Do not use undiluted.
- Keep away from eyes and mucous membranes.
- Consult a physician before use if you are pregnant, nursing, or taking anticoagulant medication.
- Discontinue use two weeks prior to surgery.
- Keep out of reach of children.
- Store away from heat and direct light.
- Do not use if the seal is missing or broken.
- A doctor’s advice should be sought before using this and any supplemental dietary product.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

— ZILARA —

OIL OF OREGANO

Origanum vulgare

& BLACK SEED OIL

20 mg carvacrol • 7 mg thymoquinone
per serving (4 drops)

1 fl oz (30 mL)
Dietary Supplement



Suggested Use: 4 drops in a glass of water or juice, up to twice daily.

Supplement Facts	
Serving Size: 4 drops (0.2 mL)	
Servings Per Container: about 150	
	Amount per serving %DV
Black Seed Oil (<i>Nigella arvensis</i> , seed)	147 mg †
Standardized to not less than 7 mg thymoquinone per serving	
Oregano Oil (<i>Origanum vulgare</i> L. leaf, steam distilled)	38 mg †
Standardized to not less than 20 mg carvacrol per serving	
† Daily value not established.	
Other Ingredients: None.	

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Manufactured by Green Organics, LLC
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Best By: 6 Months from Date of Purchase
1 fl oz / 30 mL V1



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