

# OREGANO

## ORIGANUM VULGARE

Country of Origin: Hungary

Steam Distilled from leaves and flowering tops

Oregano (*Origanum vulgare*) is a steam-distilled oil drawn from the leaves and flowering tops, valued for its intensely potent aroma and its powerful role in microbial defense and immune support. Naturally high in phenolic compounds such as carvacrol and thymol, it carries a strong, aggressive character and is known for targeting harmful pathogens and supporting the body during times of significant challenge.

Its aroma is sharp, hot, and distinctly herbaceous with a penetrating intensity that reflects its strength. It is often used when the system is under stress from infection or imbalance, particularly when a more forceful, targeted approach is needed.

In both aromatic and traditional use, oregano has been regarded as a high-impact intervention oil, supporting immune response, microbial balance, and overall system defense. It works by confronting and reducing unwanted organisms, helping the body regain control and restore stability throughout the system.

## FUNCTIONAL CONSTITUENTS

<b>Carvacrol</b>	The dominant phenol in oregano, carvacrol is responsible for its intense, penetrating aroma. It is strongly associated with antimicrobial activity, supporting the body in addressing bacterial, viral, and fungal challenges.
<b>Thymol</b>	Another powerful phenol that reinforces oregano's defensive properties. Thymol is known for its antiseptic and immune-supportive effects, contributing to the oil's ability to help maintain microbial balance.
<b>p-Cymene</b>	A monoterpene that acts as a precursor to the phenols. It adds a slightly warm, aromatic note and is associated with supporting overall system responsiveness, helping carry and enhance the activity of stronger constituents.
<b>Clinical Studies:</b>	<a href="https://pmc.ncbi.nlm.nih.gov/articles/PMC6152729/">https://pmc.ncbi.nlm.nih.gov/articles/PMC6152729/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/27994215/">https://pubmed.ncbi.nlm.nih.gov/27994215/</a> <a href="https://pubmed.ncbi.nlm.nih.gov/31267860/">https://pubmed.ncbi.nlm.nih.gov/31267860/</a>



## HOW WE SOURCE

Oregano oil is shaped by the chemotype of the plant and the conditions in which it is grown. We look for *Origanum vulgare* cultivated in warm, dry regions where the plant develops a high concentration of phenolic compounds, with particular emphasis on carvacrol content.

The leaves and flowering tops are harvested at peak potency, then steam distilled to preserve their volatile constituents. Because oregano is valued for its strength and effectiveness, careful timing and controlled distillation are essential. We look for oil that is sharp, hot, and distinctly herbaceous with a powerful, well-defined profile, never weak, overly green, or lacking intensity.

## OUR OREGANO IS:

- ✓ Steam distilled from leaves and flowering tops
- ✓ Unrefined and not standardized
- ✓ Naturally high in carvacrol
- ✓ Harvested at peak potency
- ✓ Hot, sharp, and intensely herbaceous

We look for oil that delivers a strong, penetrating profile with clear phenolic intensity, an indicator of proper chemotype and careful distillation. Weak, overly green, or imbalanced oil signals poor quality or low phenol content, and we avoid it.

## WHAT TO LOOK FOR VS. WHAT TO AVOID

### Look For:

- Steam distilled\*
- Hot, sharp aroma\*
- Strong, penetrating profile\*
- Clear phenolic intensity\*
- Stored in dark glass\*

### Avoid:

- Solvent extracted\*
- Weak or diluted scent\*
- Overly grassy notes\*
- Adulterated/extended oil\*
- Clear or plastic packaging\*

