

Oil of Oregano

edible, guaranteed wild

North American Herb & Spice was the first company on the American market to introduce **edible** Oil of Oregano. We are the oregano experts! This was the result of extensive research and the personal experiences of the company's founders. To be edible, this essential oil must be made only from **wild, mountain-grown, Mediterranean** oregano, free of all chemicals and pesticides. It also has to be emulsified in a carrier oil such as extra virgin olive oil, which is used by North American Herb & Spice in its oil of oregano. The oregano we use is the real, 100% Mediterranean oregano, guaranteed to be handpicked in the pristine, untarnished wilderness. We even PAY the villagers to limit picking to preserve and protect the plants. Our oil is produced by old-fashioned cold pressing and steam distillation. We use no chemicals to extract it.

We take pride in our oil being the only oregano product on the market extensively researched. Studies conducted by Georgetown University in Washington, D.C., have shown that the wild, mountain-grown oregano used by North American Herb & Spice is an excellent anti-fungal agent, completely killing *Candida albicans* in concentrations as minimal as 0.25 mg/ml. It also is much safer to use than popular anti-fungal drugs on the market. Further studies are pending.

For additional information on oregano and other herbs, research from around the world is available through your local library. Many studies demonstrating the strong antioxidant, broad antimicrobial and even painkilling properties of oregano have been published in scientific journals. Perhaps the most complete resource available on oregano that is easily understandable is the book *The Cure is in the Cupboard: How to Use Oregano for Better Health*, by Dr. Cass Ingram.

We have been followed by other companies trying to copy our success with oil of oregano. Many of them label their product "Oregano" or use the Latin name "Oreganum Vulgare" to make it sound very scientific. This Latin name is used by botanists to describe over 60 different types of plants, often having no other similarities with true oregano except taste (like *Thymus capitatus* from Spain or Mexican Sage). True oregano grows only under specific soil and climate conditions and can not be reproduced in your own backyard, even if the same seeds are planted. It's the perfect growing conditions found in the mountains of the Mediterranean that produce oregano with active, beneficial substances and without compounds that can be harmful to health when taken in concentrated dosages. Thymol is the harmful substance present in many inferior grades of oregano oil, and our oil has no thymol. Carvacrol content is a good indicator of high quality oregano oil, and our products have over 64%. But carvacrol is not the *only* indicator of high quality oregano, as the plant produces over 50 known-to-date substances which work synergistically to provide its benefits.

How to use Oil of Oregano: Take a drop or two under the tongue or add a few drops in juice or water. Use on the skin or inhale the fumes. It is pungent and aromatic. Warm sensation when taken directly into the mouth is normal, as from garlic or cayenne pepper. Warmth dissipates rapidly.

Other wild oregano supplements available from NAHS are Oregamax, Hercules Strength, Oreganol gelcaps, and Juice of Oregano.

Note: See your physician first. Product not designed to cure any conditions.