

## Usage Guide for Wild Oregano Oil

### Internal

*Upper Respiratory tract conditions:* Take 2 or 3 drops sublingually three times a day. Also take 3 to 5 drops twice a day in juice or water.

*Lower lung or pneumatic conditions:* Take 3 to 5 drops sublingually three times a day. Take also 3 to 5 drops three times a day in juice or water. Also, at night rub a few drops onto the chest and on the soles of the feet.

*Asthma:* Take 3 to 5 drops twice a day under the tongue. Also take 2 or 3 Oregamax wild oregano capsules a day.

*Inhalant allergies:* Take 2 to 3 drops as often as necessary sublingually. Also take 2 Oregamax capsules twice a day.

*Low blood pressure:* Take 2 or 3 capsules twice a day sublingually. Also, take 3 Oregamax capsules twice a day

*Stomach disorders:* Take 2-5 drops twice a day in juice or water. Also, take 3 Oregamax caps twice a day.

*Irritable bowel syndrome:* Take 2 or 3 drops twice a day sublingually plus 3 to 5 drops twice a day in juice or water. Take 3 Oregamax caps twice a day.

*Diarrhea/constipation:* Take 5 drops three times a day in juice or water. Also take 3 drops under the tongue twice or more often daily.

*Bladder disorders:* Take 5 drops three times a day in juice or water plus 2 drops 3 times a day sublingually.

*Psoriasis/Eczema:* Take 10 or more drops three times a day in juice or water. For tough conditions use Extra Strength, 20 or more drops three times a day. (You can fill a gelatin capsule and take three times a day; this is the same dosage.)

### External

*Toothaches/oral lesions:* Apply directly to involved region as often as needed.

*Athlete's foot/ ringworm:* Apply directly to involved areas twice a day.

*Seborrhea:* Apply to involved areas gently. Take also internally, 5 drops twice a day.

*Sunburn:* Rub on involved region.

*Rash or hives:* Rub on involved region twice or more daily.

*Psoriasis or eczema:* Use internally primarily for adults. In children, apply small amount to the lesions once or twice a day.

*Warts:* Saturate a cotton ball and apply to wart with paper tape. Repeat twice daily. Also, take the oil internally, 5 or more drops twice a day

Note: Use only the edible type of oil of oregano emulsified in olive oil. Product not designed to cure any medical conditions.