

Extra Strength Oregano Oil with Vitamin E Softgel



Product Summary:

Oregano oil is an herbal remedy used for its potent antioxidant and antimicrobial effects. Oregano oil can be used orally to fight systemic infection, topically for fungal infection or daily for the maintenance of good health. The preparation provides an herbal format that facilitates consistency of use in drop quantities. Extra Strength Organic Oregano Oil contains 80% Carvacrol, which is optimally suited for extra antimicrobial action. Additionally, this formula contains vitamin E for extra antioxidant effect.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Antioxidant for the maintenance of good health.

Organic Oregano Oil Traditional/historical and common uses:¹

- **Respiratory disorders:** cough, asthma, croup, bronchitis, sinusitis, allergic rhinitis, Upper Respiratory Tract Infections (cold or flu)
- **Gastrointestinal disorders:** dyspepsia, bloating, intestinal parasitic infection
- **Topical uses:** antifungal (athletes's foot, candidiasis), acne, seborrhea, insect bites, gum disease, aphthous ulcers (canker sores), toothaches, psoriasis, wring worm, rosacea, varicose veins, muscle pain and warts
- **Other:** headaches, rheumatoid arthritis, dysmenorrhea, urinary tract infections, heart conditions, earache, fatigue



GENERAL HEALTH
& WELLNESS




Pharmacology:

The spice *oregano* (*Origanum vulgare*) has long delighted the palate of Canadians and Americans who enjoy Mediterranean based cuisine. The specific oregano plant attracting new health-related attention is the one with the most recognized health benefits and Latin botanical name, *Origanum vulgare*. *Extra Strength Organic Oregano Oil* is derived from *Origanum vulgare*, which grows in the mountains of Greece, Crete and Turkey. The oil is obtained via gentle steam distillation of the leaves and blended as a concentration of active constituents with olive oil as the carrier. The *antioxidant, anti-inflammatory, antibacterial and antifungal* health benefits of Oregano Oil can be attributed to active constituents such as carvacrol, thymol, rosmaric acid and other phenolic compounds. Carvacrol and thymol exhibit anthelmintic, fungicidal and irritant properties.² The whole essential oil has also shown *in vitro* activity against a number of gram positive and negative organisms, including *Acinetobacter calcoaceticus*, *Enterococcus faecalis*, *Escherichia coli*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Salmonella species*, *Serratia marcescens*, *Staphylococcus aureus*, and the yeast *Candida albicans*.³⁻⁷ Carvacrol and thymol also inhibit bacterial growth⁴, with Carvacrol demonstrating bacteriocidal effect against *Bacillus cereus*.⁸ Oregano oil has also been found to arrest the growth of intestinal parasites, *in vivo*.⁹ Lastly, preliminary research suggests that Oregano oil may contain phytoprogestins, which bind progesterone receptors.¹⁰

Studies confirm that the oil of *Origanum vulgare* possesses a number of antioxidant constituents.¹¹⁻¹³ In fact, a study published in 2001 evaluating the antioxidant power of culinary and medicinal herbs placed *Origanum vulgare* among the herbs with the highest antioxidant activity, scoring higher than fruits, berries, vegetables, and even vitamin E.² Antioxidant status is critical for general health, but especially with respect to risk reduction for coronary heart disease (CHD). A principal factor in the development of CHD is the inappropriate oxidation of low density lipoprotein (LDL) cholesterol.¹⁴ Rosmarinic acid in particular, and other related phenolic constituents, account for the powerful antioxidant action of oregano oil.

This formula contains vitamin E for added antioxidant activity. Vitamin E is particularly useful for preventing heart disease, stroke, and cancer, since these disorders are associated with free-radical damage. Vitamin E is also used to enhance immune system performance. Vitamin E provides documented anti-atherogenesis effects including reduced LDL peroxidation, improved plasma LDL breakdown, enhanced control over platelet aggregation, increased HDL levels, and increased fibrinolytic activity.¹⁵ In one large epidemiological study a low level of vitamin E was found to be a greater risk for heart attack and stroke than cholesterol. High cholesterol had a causal correlation with heart attack in 29 per cent of studied cases, while high blood pressure presented a causal correlation in 25 percent of cases. However, low vitamin E levels were predictive in 70 percent of cases.¹⁶





Rosmarinic acid also accounts for much of the anti-inflammatory action associated with oregano oil, and has been shown to provide beneficial anti-inflammatory control over allergic rhinitis in humans^{17, 18} The natural anti-inflammatory actions of oregano oil probably account for its many oral herbal uses including respiratory tract disorders such as coughs, asthma, croup, and bronchitis, as well as for rheumatoid arthritis, dyspepsia, and dysmenorrhea. It is also thought that oregano oil possesses antispasmodic and mucolytic properties.¹⁹ Historical and traditional use for acne, insect and spider bites, canker sores, gum disease, toothaches, psoriasis, seborrhea, ringworm, rosacea, and muscle pain may also be related to an anti-inflammatory action.

One of the most promising benefits associated with the oil of *Origanum vulgare* is its potent antimicrobial action, produced by the phenolic constituents, carvacrol and thymol. Numerous scientific studies demonstrate that oregano oil can inhibit the growth of or kill many of the harmful bacteria that adversely affect humans, including some of those which have already become drug-resistant.^{3-7, 20-25} Additionally, a recent study found that the oil of *Origanum vulgare* had the highest and broadest antimicrobial activity when compared against other essential oils, with carvacrol showing the highest antimicrobial action of the tested constituents.²⁶ Such powers may explain why oregano oil has also been used for urinary tract infection. These safe antimicrobial herbal constituents are also being pursued for use in processed and manufactured foods to provide safe and effective preservation against food-borne bacteria, yeasts, and molds.²⁷

More research is needed to determine if oregano oil is an effective antiviral agent, particularly against the common cold. However, historical empirical evidence supports this use, as well as other antiviral activity. Additionally, *Origanum vulgare* essential oil and monoterpenes (e.g. thymol) appear to combat Herpes Simplex Virus 1 (HSV-1) by reducing viral infectivity by 96% and 80%, respectively. Both the essential oil and monoterpenes exhibited high anti-HSV-1 activity via direct inactivation of free virus particles.¹

Yeast infections are problematic for many people and oregano oil has been associated with controlling yeast or eliminating it.⁷ In his book, *The Cure in the Cupboard* published by Knowledge House Publishers, Dr Cass Ingram indicates that oregano oil is very effective against all variety of fungi and yeast, including *Candida albicans*, whether on the skin or blood-borne. Others have also demonstrated efficacy against yeast in scientific laboratory testing.²⁸

Oregano oil has also demonstrated promising effect as an anthelmintic (antiparasitic). Force *et al* (2000)⁹ found that 200mg of emulsified oil 3 times daily for 6 weeks led to the eradication of the intestinal parasites *Blastocystis hominis*, *Entamoeba hartmanni*, and *Endolimax nana* from the stools of infected patients.

Extra Strength Organic Oregano Oil contains 80% carvacrol; regular strength products typically contain 35%. This higher dosage is ideal for extra antimicrobial action.



Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

90's 7 77747 10273 0

NPN:

80042524

Expiry Date:

36 months from date of manufacture

Active Ingredients:

Each softgel contains:

Organic Oregano Oil (*Origanum vulgare*) (80% Carvacrol) 180 mg
Vitamin E (*d*-alpha Tocopherol) 1 mg AT* (1.49 IU)
*Alpha Tocopherol

Non-Medicinal Ingredients (in descending order):

Softgel capsule (gelatin, glycerin, purified water), organic olive oil

Appearance:

Clear yellowish oil encapsulated in an oval clear soft gelatin shell.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Store in tightly sealed container in a cool, dry place.





Dose:

Oregano Oil - No typical dosage

According to the NHPD, the daily dose of vitamin E is 0.6-200 mg for children 1-3 years; 0.6-300 mg for children 4-8 years; 0.6-600 mg for adolescents 9-13 years; 1-800 mg for adolescents 14-18 years; and 1-1000 mg for adults.²⁹

Directions:

(Adults): 1 softgel daily with food as recommended by a physician. Take a few hours before or after taking supplements containing iron, zinc, calcium or copper.

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Do not use if you are pregnant or breastfeeding, or if you have sensitivity or are allergic to herbs in the *Laminaceae* family. Discontinue use if you experience gastrointestinal upset. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

Not applicable

Vitamin E deficiency is rare. It occurs most in people with malabsorption disorders.

Drug Interactions/Contraindications:

Oregano is thought to have diuretic properties.¹⁹

Do not use during pregnancy or the breast-feeding period.

Children under two years of age should not use oregano oil topically or internally. Because *Origanum vulgare* can be topically irritating, children between 2 to 13 years old can cautiously use oregano oil topically, but internal use by children of this age range should be guided by a health care professional.



Vitamin E is contraindicated in anti-coagulation therapy, unless prescribed by a physician.

Because vitamin E can interfere with vitamin K uptake, it can confound control of anticoagulant medications that lower vitamin K like Coumadin, unless prescribed by a physician.³⁰

Ferrous iron destroys vitamin E. They should be taken at different times sufficiently separated to avoid interaction.

High simultaneous intake of vitamin A may interfere with vitamin E absorption.

Toxicity/Adverse Reactions:

Oregano Oil (*Origanum vulgare*) is generally well tolerated. Those with allergies to the *Lamiaceae* family of herbs such as thyme, basil, mint, or sage may be sensitive to oil of oregano as well. Gastrointestinal upset may occur if the recommended amount is exceeded at one time. In topical use, skin irritation or rashes may occur with excessive use. Initial application to genital areas should proceed cautiously in smaller amounts to learn individual sensitivity. Avoid contact with the eyes, and flush immediately with water if eye contact occurs.

Human studies and experience show that adverse side effects from vitamin E is virtually nonexistent when used in a dosage range up to 720 mg per day.³¹



Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Sulphites (<10 ppm)
Artificial Flavors	
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Soy Products	
Starch/Modified Starch	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of Animal Product

Kosher Diet





References:

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