

Oregano

Origanum vulgare

JW Farms 7



Oregano is a member of the mint (Lamiaceae) family. It is a perennial herb native to the Mediterranean region and parts of western Asia.



Oregano is not just an herb used to flavor foods; it is also known for health benefits and is used as a home remedy for many ailments. However, there is a lack of scientific evidence to support the medicinal benefits of oregano.

Phytonutrients, especially carvacrol, in oregano are responsible for claims of its anti-inflammatory, antioxidant, and immunity-boosting properties.

Some studies have suggested that the various phytochemicals in oregano may help relieve cough and muscle spasms and fight infections. Some believe it is also good for the gut, aiding digestion by increasing the flow of bile (a fluid produced by the liver that aids fat digestion).

There are several varieties of oregano, with Greek oregano (*Origanum heracleoticum*) being one of the most potent and commonly used in cooking. Other varieties include Mexican oregano, which is from a different plant family altogether, but offers similar flavor notes and culinary applications.



The primary compounds in oregano essential oils, such as carvacrol and thymol, are responsible for its characteristic odor and biological activities, including antibacterial and antioxidant effects.

Wound Healing
 Parasitic Infections
 Dewormer
 Skin
 Acne
 Dandruff
 Warts
 Fungal Infections
 Arthritis
 Allergies
 Sore Throat
 Breathing
 Asthma
 Cough
 Congestion
 Breathing Issues
 Infections
 Indigestion
 Bloating
 Nausea
 Heart
 Menstrual Cramps
 HBP
 Regulates Cholesterol
 Pain in Muscles & Joints
 UTI
 Cold Sores
 Varicose Veins
 Depression
 Diabetes
 Inflammation
 Viruses
 Nutrient Dense
 High in Vit K
 Respiratory
 Immunity
 Anti Cancer
 Controls Blood Sugar
 Brain Health



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This versatile herb is a powerhouse of essential vitamins and minerals, potent antioxidants, and beneficial essential oils. Whether you're looking to boost your immune system, enhance your overall health, or simply add a nutritious touch to your meals, oregano has a lot to offer.



The Anti's:

Antioxidant
 Anti-Inflammatory
 Antidepressant
 Antiseptic
 Antipyretic
 Antibacterial
 Antifungal
 Anti-aging
 Antimicrobial
 Anti-Diarrheal
 Antiviral



Caution

HOT & Spicy

Skin Irritation

Allergic Reactions if allergic to Marjoram.

May Worsen bleeding disorders or increase bleeding. DO NOT TAKE with Blood Thinning Drugs.

DO NOT take when Pregnant or Breastfeeding.

Oregano contains various minerals (such as calcium, magnesium, iron, phosphorus, sodium, potassium, and selenium), vitamins (such as vitamins C, K, A, and E, folate, and B vitamins), and various other beneficial compounds, such as lutein, zeaxanthin, thymol, and carvacrol that act as antioxidants.

Oregano has been shown to significantly reduce oxidative stress and muscle damage, particularly in contexts involving physical exertion.