

Holista® Restorativ™ Oregano Oil



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Oregano for immunity?

While most of us think of oregano as an essential kitchen herb, especially for Italian dishes, some species of oregano contain high levels of *carvacrol* and *thymol*, medicinal compounds that help fight infections. *Origanum vulgare* grows wild in the mountains of Greece, Crete, and Turkey and is the type of oregano with the greatest recognized health benefits. Holista[®] Restorativ[™] Oregano Oil contains oil from the leaves of *Origanum vulgare*, obtained by gentle steam distillation and blended with olive oil.

Carvacrol and *thymol* have been shown to provide clinically significant antifungal and antimicrobial protection. These compounds can inhibit the growth of common “bad”



bacteria such as *E. coli* and *Salmonella*. In one study, oregano oil was compared to a common antibiotic and was found to be equally as effective in the treatment of candidiasis. Other studies have also shown oregano's benefits against candida infections, including oral thrush.

In addition to antifungal and antimicrobial support, research has confirmed that oil of *Origanum vulgare* is a potent antioxidant source. A study published in 2001 regarding the antioxidant powers of culinary and medicinal herbs placed *Origanum vulgare* near the top of the list for antioxidant activity, with higher antioxidant capacity (ORAC) than fruits, berries, or vegetables, and higher than vitamin E.

Holista Restorativ Oregano Oil is a great choice for anyone wanting a potent *antioxidant, antibacterial, and antimicrobial* supplement. By taking five drops of Holista Restorativ Oregano Oil daily, mixed with water, you can protect your body from free radical damage, infections and fungal or yeast overgrowth.

For natural and effective defense against common bacterial pathogens choose Holista Restorativ Oregano Oil.