

## Helps to heal wounds, insect bites, relieve itching, and heal skin disorders such as psoriasis and fungal infections.

RxBalance™ Oil of Oregano The name oregano is derived from a Grecian word meaning “joy of the mountains”. In ancient Greece, physicians used the herb extensively and during the Middle Ages, Islamic doctors developed numerous uses for the oil. Oil of oregano consists of hundreds of compounds, some of which are unknown. The two primary, naturally-occurring phenols in oregano oil are carvacrol and thymol. Oil of Oregano may enhance immunity and is an antibacterial, antifungal, antiviral and antiparasitic agent. It is known to alleviate pain and aid many conditions, including poor digestion, cold, warts, boils, gum disease, psoriasis, eczema and seborrhea, as well as chronic ear, sinus and lung problems caused by fungi. In studies, RxBalance™ Oil of Oregano’s active ingredient, carvacrol, completely killed *Candida* yeast, as well as the viruses that cause shingles, cold sores and genital herpes.<sup>1</sup>

### Ingredients: Medicinal

Each drop (0.03 ml) contains:

Oregano - P73	
<i>Origanum onites</i> , leaf essential oil	0.001 ml
<i>Origanum vulgare</i> , leaf essential oil	0.002 ml
<i>Origanum hirtum</i> , leaf essential oil	0.002 ml
<i>Origanum smyrneum</i> , leaf essential oil	0.003 ml

### Ingredients: Non-medicinal

Olive oil.

This product does not contain dairy, gluten, or artificial colours, flavours or preservatives.

### Recommended Use

Traditionally used in Herbal Medicine to heal wounds, insect bites, relieve itching, heal skin disorders such as psoriasis and fungal infections. Used to relieve the pain of rheumatism when rubbed on painful joints.

### Recommended Dose

*Adults:* Apply liquid topically as needed to the affected area. Consult a health care practitioner if symptoms persist or worsen.

### Risk Information

Pregnant and breastfeeding women should not use. Avoid contact with eyes and genitals. Sensitive individuals may experience skin irritation. Dilute 1:4 in carrier oil if this occurs.

### Interactions with Drugs/Supplements

None known.

### Dosage Form Description

A yellowish-brown viscous liquid with a pungent and aromatic odour.

### Packaging

13.5 ml bottle with dropper.

### Stability

Shelf-life of three years if stored in a cool, dry place.

### Mechanism of Action

The essential oil of oregano, containing the phenolic derivatives carvacrol and thymol, is thought to have diuretic, expectorant and antispasmodic properties. The oil may possibly stimulate bile production.<sup>2</sup> It has been reported that oregano oil has in vitro activity against a variety of common gram positive and gram negative organisms, including *Acinetobacter calcoacetica*, *Enterococcus faecalis*, *Escherichia coli*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Salmonella* species, *Serratia marcescens*, *Staphylococcus aureus* and the yeast *Candida albicans*.<sup>6,7,8</sup> Research has shown that the bacteriocidal effect of carvacrol on *Bacillus cereus*, a common food pathogen, is due to its ability to alter the permeability of the bacterial membrane.<sup>9</sup>



## Research Synopsis

1. A double blind, placebo-controlled 6 month pilot: in a study of 14 adult patients, whose stools tested positive for enteric parasites (*Blastocystis hominis*, *Entamoeba hartmanni* and *Endolimax nana*), participants were administered emulsified oil of oregano 600 mg daily for six weeks. Results showed a complete disappearance of *Entamoeba hartmanni* (4 cases), *Endolimax nana* (1 case) and *Blastocystis hominis* (8 cases). In regards to *Blastocystis hominis*, three additional cases had a decline in their scores and GI symptoms improved in seven of the 11 patients who had tested positive for this parasite.<sup>3</sup>
2. The antifungal properties of origanum oil were examined both in vitro and in vivo. A comparison of the efficacy of origanum oil, carvacrol, nystatin and amphotericin B was examined in vitro using *Candida albicans* in broth cultures and a micro dilution method. It was found that origanum oil at 0.25 mg/ml completely inhibited the growth of *C. albicans* in culture. Furthermore, the germination and the mycelial growth of *C. albicans* were both found to be inhibited by origanum oil and carvacrol in a dose-dependent manner. The in vivo research involved feeding *C. albicans*-infected mice (n=6) with varying amounts of origanum oil in a final vol. of 0.1 ml of olive oil vehicle. A second group of mice were fed olive oil alone. This latter group died within 10 days. After 30 days, there was 80% survivability in the group of mice given a daily administration of 8.6 mg of origanum oil in 100 ml of olive oil/kg body weight. Although the results with carvacrol were similar, the mice that were fed origanum oil exhibited a cosmetically better clinical appearance.<sup>10</sup>

## References

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6. Hammer, K.A. et al. Antimicrobial activity of essential oils and other plant extracts. *J Appl Microbiol.* 1999 Jun;86(6):985-90.
7. Kivanc, M. et al. Inhibitory and stimulatory effects of cummin, oregano and their essential oils on growth and acid production of *Lactobacillus plantarum* and *Leuconostoc mesenteroides*. *Int J Food Microbiol.* 1991 May;13(1):81-5.
8. Ziraat F. Inhibitory effects of selected Turkish spices and oregano components on some foodborne fungi. *Int J Food Microbiol.* 1988 May;6(3):263-8.
9. Ultee, A. et al. Mechanisms of action of carvacrol on the food borne pathogen *Bacillus cereus*. *Appl Environ Microbiol.* 1999 Oct;65(10):4606-10.
10. Manohar, V. et al. Antifungal activities of origanum oil against *Candida albicans*. *Mol Cell Biochem.* 2001 Dec;228(1-2):111-7.

PRODUCT CODE: 403 750 - 13.5 mL liquid

**RX BALANCE**

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