



NATURE'S SUNSHINE

Oregano (Wild)

GOOD FOR

Immune System

Digestive System

Respiratory System

SIZE **15 ml**

ITEM # **3884**

DIRECTIONS FOR USE Use topically for cleansing. Essential oils may be used aromatically or topically in a variety of ways, massage, compresses, baths, scrubs, lotions and sprays. Essential oils should be diluted with Nature's Sunshine Massage Oil or Carrier Oil before being applied topically.

— How the Key Ingredients Work

Wild oregano has been treasured since ancient Greece for its remarkable ability to support the body's natural defenses and keep everyday wellness on track. This time-honored herb brings together a rich blend of naturally occurring plant compounds that work together to help your body stay balanced and resilient.

Wild Oregano (Antioxidant Defense) — Oregano is one of the most powerful antioxidant herbs you can find in nature. Its naturally occurring plant compounds — especially rosmarinic acid and carvacrol — help the body stand up to everyday oxidative stress, supporting your cells and overall vitality day after day.

Wild Oregano (Immune & Microbial Balance) — The active compounds in wild oregano, particularly carvacrol and thymol, are well studied for their ability to support a healthy microbial environment in the body. This makes oregano a go-to herb when you want everyday immune and internal balance support you can feel confident about.

Wild Oregano (Candida & Yeast Balance) — Laboratory studies show that oregano essential oil — standardized for carvacrol and thymol — demonstrates strong activity against *Candida albicans*, including strains that are harder to address. Carvacrol appears to work by disrupting the outer structure of yeast cells, helping the body maintain a healthy internal balance.

Wild Oregano (Oral Health & Fresh Breath) — In a clinical study, an oregano essential oil mouthwash performed comparably to chlorhexidine — a gold-standard oral rinse — at reducing bad breath. Its natural antimicrobial properties help address the odor-causing bacteria in the mouth, making it a gentle, plant-based option for everyday oral freshness.

Wild Oregano (Skin & Nail Fungal Support) — When tested against the fungi most commonly responsible for athlete's foot, oregano essential oil came out on top among eleven essential oils evaluated. Carvacrol and thymol work together to create an environment that is unwelcoming to these troublesome fungi, supporting healthy skin and nails naturally.

Wild Oregano (Rosmarinic Acid) — Rosmarinic acid is one of the key plant compounds that gives oregano its impressive antioxidant strength. Found abundantly in wild oregano, this naturally occurring acid helps neutralize free radicals and supports the body's own protective systems, contributing to the herb's long history of wellness use.

Wild Oregano (Carvacrol) — Carvacrol is the primary active compound in wild oregano essential oil and is responsible for much of the herb's well-known properties. Research consistently links carvacrol to support for a healthy microbial balance, antioxidant activity, and the ability to help the body maintain resilience against everyday challenges.

Wild Oregano (Thymol) — Thymol works hand in hand with carvacrol in wild oregano, amplifying the herb's natural ability to support a balanced internal environment. Together these two compounds give wild oregano its characteristic warm, robust aroma and much of its traditional reputation as a powerful everyday wellness herb.

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