



OREGANO... so much more than just an unpronounceable word

Native to our Mediterranean climes, oregano is one of the most concentrated antioxidant sources ever studied. According to data from the U.S. Department of Agriculture, its antioxidant activity is 3 - 20 times higher than that of any other herb. Even renowned antioxidant-rich fruits pale in comparison; with oregano boasting 4 times the antioxidant potency of blueberries, 12 times that of oranges and 42 times that of apples.

Although you can enjoy some of these considerable benefits just from cooking regularly with it, using oregano in a more concentrated form is well worth considering too. Enter essential oil of oregano - effective in fighting bacterial, viral and parasitic infections. Not only tasty, it's so powerful that some restaurants actually spray it over their food stations and salad bars to prevent the spread of bacteria. And, because of its high antioxidant content, it may well keep food fresh for longer too...