

from the desk of *Dr. Cass Ingram*

## Wild Oregano Oil Proves Effective Against Coronavirus

Oil of oregano may prove to be a valuable ally against Severe Acute Respiratory Syndrome (SARS).

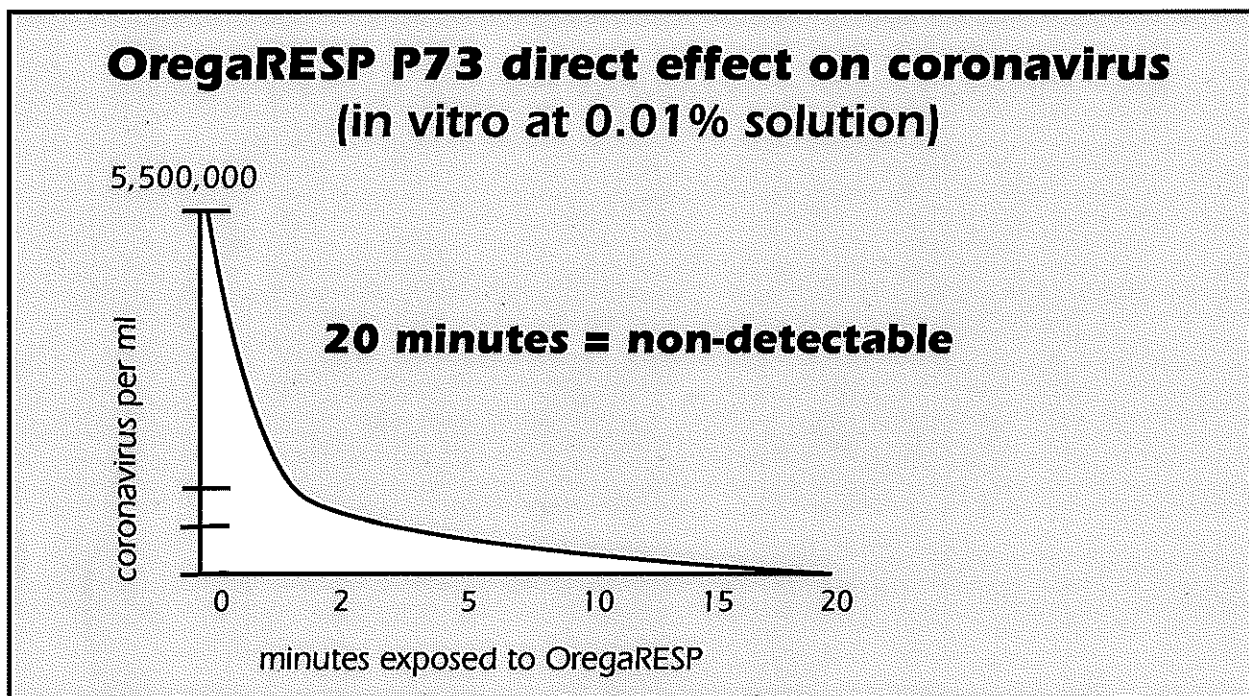
A recent *in vitro* study indicates that the essential oil of this medicinal herb can destroy human coronavirus, thought to be the pathogen responsible for SARS, and completely stop its replication within 20 minutes of exposure.

The study was conducted by Dr. M. Khalid Ijaz of Microbiotest, an independent microbiological testing lab in sterling, VA. Dr. Ijaz incubated human coronavirus in MRC-5 cell lines with Oreganol P73, an olive oil preparation of wild oregano, and with OregaRESP P73, a combination of wild oregano, and wild sage, wild cumin and wild cinnamon oils. Both products are made by North American Herb and Spice, a company that specializes in medicinal essential oils from the Mediterranean.

The oregano oil alone reduced viral titers from over 5 million particles per ml at baseline to 167 particles per ml within 15 minutes. At 20 minutes, the titers were down to 150 particles per ml. The OregaRESP P73 combination reduced titers from over 5 million to 133 particles per ml in 15 minutes. Within 20 minutes they were reduced to non-detectable levels. The investigators noted that both preparations were able to halt vital replication within the host cells.

The *in vitro* findings need to be confirmed in human clinical trials, but they are compelling in that they show that oil of oregano, alone and in combination with other essential oils, has unequivocal virucidal and virustatic effects. Both Oregano P73 and OregaRESP P73 are available from North American Herb & Spice (800-243-5242) [www.oreganol.com](http://www.oreganol.com)

## coronavirus...



## KILLED!... in 20 minutes

Independent laboratory research proved that OregaRESP, the wild multiple spice extract, completely destroyed the coronavirus in 20 minutes. OregaRESP tested stronger than all other herb and spice extracts, and is fast-acting.