

U.S. National Library of Medicine National Center for Biotechnology Information **NLM Citation:** Drugs and Lactation Database (LactMed) [Internet]. Bethesda (MD): National Library of Medicine (US); 2006-. Oregano. [Updated 2018 Dec 3]. **Bookshelf URL:** https://www.ncbi.nlm.nih.gov/books/



## Oregano

Revised: December 3, 2018.

# **Drug Levels and Effects**

### Summary of Use during Lactation

Oregano (Origanum vulgare) leaves and oil contain carvacrol, thymol, eugenol and rosmarinic acid. Oregano has been used in medicinal doses for respiratory and gastrointesinal disorders and as an antimicrobial. Oregano oil has been advocated as a treatment for lactation-related Candida infection of the nipples;[1] however, no clinical studies have confirmed the safety or efficacy of this use. No data exist on the excretion of any components of oregano into breastmilk or on the safety and efficacy of oregano in nursing mothers or infants. Oregano and oregano oil are "generally recognized as safe" (GRAS) as food ingredients by the U.S. Food and Drug Administration. Oregano is generally well tolerated, but gastrointestinal upset and allergic skin reactions have been reported rarely. Because of a lack of data, oregano in amounts higher than those found in foods as a flavoring should probably be avoided during breastfeeding.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information about dietary supplements is available elsewhere on the LactMed Web site.

### **Drug Levels**

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

## **Effects in Breastfed Infants**

Relevant published information was not found as of the revision date.

**Disclaimer:** Information presented in this database is not meant as a substitute for professional judgment. You should consult your healthcare provider for breastfeeding advice related to your particular situation. The U.S. government does not warrant or assume any liability or responsibility for the accuracy or completeness of the information on this Site .

### **Effects on Lactation and Breastmilk**

Relevant published information was not found as of the revision date.

#### References

1. Jacobsen PJ. Candida versus breastfeeding--which is winning? Midwifery Today Int Midwife. 2009;26-7, 66. PubMed PMID: 19627056.

## **Substance Identification**

#### **Substance Name**

Oregano

#### **Scientific Name**

Origanum vulgare

#### **Drug Class**

**Breast Feeding** 

Lactation

**Complementary Therapies** 

Food

Phytotherapy

Plants, Medicinal