



Product Information and Traditional & Alternative Uses

Marjoram, also called “joy of the mountain” by the ancient Greeks. They commonly used it to create wreaths and garlands. The potential health benefits can be attributed to its properties to help reduce viral infections, muscle spasms, anaphrodisiac, lower infections, kill bacteria, relieve flatulence, digestive, diuretic, increase menstrual flow, expectorant, lower high blood pressure, and help calm pain from nerves.

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| 1 DIGESTIVE AID | 5 CONSTIPATION |
| 2 WOMEN'S HEALTH | 6 CARDIOVASCULAR HEALTH |
| 3 FLATULENCE | 7 ULCER PREVENTION |
| 4 STOMACH CRAMPS | 10 PROMOTING LACTATION |

Primary Use - Flavoring Agent & Women's Health:

DIGESTIVE AID/CARDIOVASCULAR HEALTH: 1 drop by mouth daily or as needed.

WOMEN'S HEALTH/ULCER PREVENTION/CONSTIPATION: Make a tea using Loyol marjoram. Add two drops to a teaspoon of honey mix well and then add the marjoram and honey to hot water stir until the honey has completely dissolved.

LACTATION: Make a tea using Loyol marjoram. Add two drops to a teaspoon of honey mix well and then add the marjoram and honey to hot water stir until the honey has completely dissolved.

