

# Sweet Marjoram Monograph



## Sweet Marjoram

### Botanical Name

*Origanum majorana*, *Majorana hortensis*

### Synonyms

Marjoram, knotted marjoram

### Botanical Family

Lamiaceae (Labiatae)

### Method of Extraction

Steam distilled from dried leaves and flowering tops

### Characteristics

Pale yellow color with warm, spicy, woody aroma

### Description & Area Grown

Bushy herb with fairy leaves grows up to 2 ft. high; cultivated in Egypt, France, Tunisia, Hungary, and Turkey

### Main Chemical Components

Monoterpenes 50%

Monoterpenols 40%

Esters 0–8%

### Main Therapeutic Properties

Analgesic, antiseptic, antispasmodic, antiviral, bactericidal, carminative, diaphoretic, digestive, diuretic, expectorant, fungicidal, hypotensive, relaxant, sedative

### Safety Considerations

Non-toxic, non-irritant, non-sensitizing



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