

SAGE

Provides antioxidants for the maintenance of good health.

90 capsules 280 mg

VEGETARIAN

PESTICIDE FREE

GMO FREE

NPN 80039527

History²

There are approximately 700 species of sage in the *Salvia L.* genus. Sage is native to Europe, Asia Minor, and Central and South America. Different species have been used for their culinary and therapeutic virtues in traditional medicine. Amerindians, for instance, used white sage in various rituals as incense or as diviner's sage. Today the *Salvia officinalis L.* genus is most commonly used in cooking, particularly in Southern Europe, like Italy, where it is very popular.

Antioxidants

Antioxidants are compounds that reduce damage caused by free radicals in the body. Free radicals are highly reactive molecules that are involved in the onset of cardiovascular diseases, certain cancers, and other diseases related to aging. The regular intake of antioxidants is also needed to help maintain a healthy body. Antioxidants are present in non-negligible quantities in fresh herbs, which sometimes contain more than fruits and vegetables.

However, regular intake of fresh herbs as a dietary source of antioxidants is not generally sufficient, since they are mainly used for seasoning.



MEDICINAL INGREDIENT

Sage (*Salvia officinalis*, Leaf)..... 280 mg

NON-MEDICINAL INGREDIENTS

Cellulose, magnesium stearate and hypromellose.

RECOMMENDED DOSE

Adult: 1 capsule 3 times a day. Take 1 capsule at each meal with a glass of water.

DURATION OF USE

For use beyond 2 weeks, consult a health care provider.

CONTRAINDICATIONS

- If you are pregnant or breastfeeding, do not use this product.
- If you have a seizure disorder (e.g. epilepsy), do not use this product.

SALVIA OFFICINALIS

USDA Classification¹

Kingdom : Plantae

Division : Magnoliophyta

Class : Magnoliopsida

Order : Lamiales

Family : Lamiaceae

Genus : Salvia L.

Species : Salvia officinalis L.

Professionals

In 2003, Campanella et al. tested several herbs to assess their antioxidant capacity. Among the six herbs tested—including balm, marjoram, parsley, rosemary, and basil—sage was found to have the highest antioxidant content.

According to Masuda et al. (2002)³ and Zheng et al. (2001),⁴ carnosic acid and rosmarinic acid appear to be the main antioxidant compounds in the plant.



LEO DESILETS

Léo Désilets Master Herbalist is an entirely Quebec owned and operated natural products firm based in Scotstown in the Eastern Townships. It began operations in 1974 when the founder launched his premier product: Balsam Fir Gum

Our production methods meet the requirements and quality standards of Health Canada's Good Manufacturing Practices (GMP).

We produce a wide range of natural health and skincare products, which are available through our website as well as most natural health stores and some pharmacies.

Our mission: to offer high quality natural health and skincare products to help you take care of your health in a natural way.

RÉFÉRENCES

¹ **Fiche Salvia officinalis-kitchen sage.** USDA Plant Database. Available online at: <http://plants.usda.gov/core/profile?symbol=SAOF2> (accessed on 27.02.2015)

² **La Sauge dans l'alimentation.** Passeport Santé. Available online at: http://www.passeportsante.net/fr/Nutrition/EncyclopedieAliments/Fiche.aspx?doc=sauge_nu (accessed on 27.02.2015)

³ Masuda T, Inaba Y, Maekawa T et al. **Recovery mechanism of the antioxidant activity from carnosic acid quinone, an oxidized sage and rosemary antioxidant.** *J Agric Food Chem.* 50:5863-5869. 2002

⁴ Zheng W, Wang SY. **Antioxidant activity and phenolic compounds in selected herbs.** *J Agric Food Chem.* 49:5165-5170. 2001

