

# Sage 2500mg

(as 500mg extract)

## Presentation

**A green oval coated tablet.**

### Each tablet delivers:

Sage 2500mg  
(provided by 500mg of a 5:1 extract)  
Providing 2.5% rosmarinic acid

### Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Copper Chlorophyllin, Glycerin), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians**  **and vegans** 

**quantity**  
90

**type**  
tablets

**code**  
8577



## Uses

Sage has traditionally been associated with longevity, with a reputation for restoring memory in the elderly and practitioners have used sage for many years for the treatment of hot flushes, a use supported by some studies.

Sage is considered to have mild phyto-oestrogen activity which means that whilst not chemically related, it does have some similarities to oestrogen. So whilst the herb cannot elicit a full oestrogen-like effect on the body it is able to bind to oestrogen receptors and this probably accounts for it's use for women going through the menopause.

The sage used in this product is a standardised extract which ensures purity and potency of the material. This is important with sage as the active compounds such as rosmarinic acid need to be present at a guaranteed level, whilst undesirable compounds such as thujone must be almost entirely excluded. Our high-grade sage extract has a guaranteed level of 2.5% rosmarinic acid and is probably the only sage extract available in the UK that has closely controlled, very low levels of thujone.

### Usage and administration

1 tablet daily.

### Allergen advice

None (see page 194).

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

