Sage

url: https://www.nccih.nih.gov/health/sage  
  
  
Sage  
Common Names: sage, common sage, garden sage, true sage  
  
Latin Names: Salvia officinalis, Salvia lavandulaefolia  
  
Background  
Sage has a long history of use as a spice and for health purposes. It was used as a traditional herbal remedy in ancient Greece and Rome, as well as in Native American and Chinese medicine.  
Today, sage is promoted for sore mouth or throat, memory loss, diabetes, high cholesterol levels, and other conditions.  
How Much Do We Know?  
We don t know much about the health effects of sage because little research has been done on it.  
What Have We Learned?  
Sage has not been clearly shown to be helpful for any health condition.  
There have been a few studies of sage for sore throat, mood, memory, diabetes, and blood cholesterol levels. However, the findings are preliminary, and some of the research is of poor quality.  
What Do We Know About Safety?  
Sage is safe in the amounts commonly found in foods, and larger amounts have been used safely for up to 4 months in research studies. However, some species of sage, including common sage (Salvia officinalis), contain a constituent called thujone that can cause seizures in experimental animals and may also do so in people. Cases of seizures associated with consumption of sage essential oil (which is high in thujone) have been reported in people. High-dose or long-term use of sage may not be safe.  
It may be unsafe to use sage during pregnancy because its constituent thujone may have harmful effects. Little is known about whether it s safe to use sage while breastfeeding.  
Keep in Mind  
Take charge of your health talk with your health care providers about any complementary health approaches you use. Together, you can make shared, well-informed decisions.  
For More Information  
Using Dietary Supplements Wisely  
Know the Science: How Medications and Supplements Can Interact  
Know the Science: How To Make Sense of a Scientific Journal Article  
NCCIH Clearinghouse  
The NCCIH Clearinghouse provides information on NCCIH and complementary and integrative health approaches, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment recommendations, or referrals to practitioners.  
  
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Office of Dietary Supplements (ODS), National Institutes of Health (NIH)  
ODS seeks to strengthen knowledge and understanding of dietary supplements by evaluating scientific information, supporting research, sharing research results, and educating the public. Its resources include publications (such as Dietary Supplements: What You Need To Know) and fact sheets on a variety of specific supplement ingredients and products (such as vitamin D and multivitamin/mineral supplements).  
  
Website: https://ods.od.nih.gov  
  
Email: ods@nih.gov(link sends email)  
  
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