

Salvia officinalis (Sage) Overview

Why Do We Need Sage?

Sage (*Salvia officinalis*) is a medicinal herb traditionally used for its cognitive, anti-inflammatory, and antimicrobial properties. It contains bioactive compounds that support brain function, digestion, and immune health.

What Does Sage Do in the Body?

- **Cognitive Support:** Enhances memory, focus, and cognitive function by inhibiting acetylcholinesterase, an enzyme that breaks down acetylcholine, a neurotransmitter essential for brain function.
- **Anti-Inflammatory Effects:** Contains rosmarinic acid and flavonoids that reduce inflammation and oxidative stress.
- **Hormonal Balance:** May alleviate menopausal symptoms by modulating estrogenic activity.
- **Blood Sugar Regulation:** Helps lower glucose levels and improve insulin sensitivity.
- **Antimicrobial Properties:** Acts against bacteria, fungi, and viruses, supporting oral and immune health.

How Much Do We Need?

Cognitive & Memory Support: 300–600 mg/day of standardized extract

General Health Benefits: 1–2 grams of dried leaves per day or 2–3 cups of sage tea

Menopausal Support: 300 mg/day of extract for symptom relief

Blood Sugar Control: 500 mg/day of sage extract

Benefits of Taking Sage

1. Improves memory, focus, and cognitive longevity
2. Supports digestion and reduces bloating
3. Enhances antioxidant defenses and fights inflammation
4. Balances hormones and reduces hot flashes in menopausal women
5. Supports immune function with antimicrobial properties
6. May help regulate blood sugar levels

Most Bioavailable Form

Standardized Extracts (2.5% Rosmarinic Acid or higher) – Higher bioavailability and consistent dosing

Tinctures – Alcohol-based extractions preserve active compounds

Capsules & Softgels – Provide concentrated and easy-to-dose forms

Essential Oil (Diluted for Aromatherapy) – Supports mood and cognition through inhalation

Conclusion:

Sage is a powerful herb with cognitive, metabolic, and immune benefits. Standardized extracts offer the most bioavailable form, while teas and dried leaves provide natural dietary support. Regular consumption can support brain function, hormonal balance, and overall health.

