

Dried sage leaves



100% natural and organic Italian product

Ingredients: Organic *Salvia Officinalis* leaves

Origin: Pietradefusi (AV), Italy

Net weight: 10 g

Features: *Salvia Officinalis*' name comes from Latin words "salus salvus" that mean healthy with regard to its beneficial effects. Sage is not only a perfect flavoring but also it is used to make tea for its bitter and tonic qualities, diuretic, digestive, balsamic and hypoglycemic properties.

Benefits and uses: thanks to the presence of antioxidants such as flavonoids, tannins and several vitamins, including vitamin A, vitamin C and some vitamins B drinking sage tea or infusion regularly is useful for fighting free radicals in order to reduce the negative effects on the skin, heart and brain.

Sage has the ability to improve memory and brain function; it is an excellent antiseptic to disinfect the oral cavity; it is a great antioxidant and anti-inflammatory; it soothes sore throat, helps maintain the health of teeth and freshens breath, reduces menopausal symptoms; relieves indigestion; lowers cholesterol levels; alleviates the symptoms of asthma.

Sage tea is not recommended for use in pregnant women, nursing mothers, people suffering from epileptic seizures and those who previously had allergic reactions to plants belonging to the mint family.