

COMMON SAGE

ESSENTIAL OIL

(*Salvia officinalis*)



ALTA OILS LTD

www.altaoils.com

APPEARANCE	COLOUR	ODOR
clear liquid	Colorless to pale yellow	Fresh, sweet, herbaceous, warm aroma with floral undertones

Specific gravity (g/mL)(20°C)	from 0.908 - 0.923
Refractive index (20°C)	from 1.458 to 1.474
Optical rotation (20°C) (°)	from +2 to +28

CONTENTS OF CHARACTERISTIC INGREDIENTS (BY GC), %

Linalylacetate + Linalool	up to 0.2
@- Humulene	up to 2.9
Beta Pinene	from 1 to 17.9
Beta Thujone	from 0.7 to 17.4
@- Thujone	from 10 to 33.3
1,8-Cineol	from 11.2 to 12.5
Camphene	from 0.5 to 4.4
Camphor	from 0.1 to 11.7
Borneol	from 1.6 to 3.2

THERAPEUTIC PROPERTIES

In folk medicine, *Salvia officinalis* has been used for the treatment of different kinds of disorders, including seizure, ulcers, gout, rheumatism, inflammation, dizziness, tremor, paralysis, diarrhea, and hyperglycemia. In recent years, this plant has been a subject of intensive studies to document its traditional use and to find new biological effects. These studies have revealed a wide range of pharmacological activities for *S. officinalis*. Present review highlights the up-to-date information on the pharmacological findings that have been frequently reported for *S. officinalis*. These findings include anticancer, anti-inflammatory, antinociceptive, antioxidant, antimicrobial, antimutagenic, antidementia, hypoglycemic, and hypolipidemic effects.