



NATURAL HEALTH PRODUCT

SAGE – *SALVIA OFFICINALIS*

Buccal

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant’s discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date

October 30, 2018

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
<i>Salvia officinalis</i>	<ul style="list-style-type: none"> • Common sage • Dalmatian sage • Garden sage • Sage 	<i>Salvia officinalis</i>	Leaf	Dried

References: Proper name: USDA 2018, McGuffin et al. 2000; Common names: USDA 2018, McGuffin et al. 2000; Source information: Blumenthal et al. 2000, BHP 1983, Cook 1869.

Route of administration

Buccal (Barnes 2007; BHP 1983)

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.



Note

Dosage forms must be suited for buccal administration which allow for direct contact between the affected tissue and the medicinal ingredient (i.e. liquid preparations, gargles and mouthwashes).

Use(s) or Purpose(s)

(Traditionally) used in Herbal Medicine to provide relief for the inflammation of nose and throat mucosa (such as sore throat), gingivitis and (aphthous) ulcer/canker sore (BHC 2006; Mills and Bone 2005; Wichtl 2004; Blumenthal et al. 2000; ESCOP 1996; BHP 1983; Culbreth 1927; Felter 1922).

Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Sub-population(s)

Adults 18 years and older

Quantity(ies)

Method of preparation: Fluid extract

3-12 grams of dried leaf, per day (BHP 1983)

Methods of preparation: Dry, Infusion

1-12 grams of dried leaf, per day (Mills and Bone 2005; BHP 1983).

Note: Dried leaves should be prepared as an infusion (see direction for use).

Direction(s) for use

Fluid extract

For gargle and/or mouthwash use, dilute each milliliter (1 ml) of fluid extract with 30 milliliters of water. Rinse and/or gargle as needed (Blumenthal et al. 2000).

AND/OR



For local use in the mouth, apply the undiluted fluid extract to the affected area with a brush or swab (Blumenthal et al. 2000)

Dried leaf

- ▶ For each gram (1 g) of dried leaf, add 30 millilitres of boiling water and infuse (BHC 2006).
- ▶ Rinse and/or gargle as needed.

Infusion

Rinse and/or gargle as needed.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

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