PERFECT HERBS

Herb Monograph Latin Name: Salvia officinalis

Common Name: Sage

Primary Action	antimicrobial
Secondary Actions	expectorant
System Affinities	renal, respiratory
Conditions Treated	URTI, UTI
Constituents	essential oils
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	4 g to 6 g
Parts Used	leaf
Can Be Substituted With	Rosmarinus officinalis (rosemary)
Pairs Well With	Juniperus communis for UTIs and Syzygium aromaticum for general bacterial infections with mucus production



Disclaimer: This information is provided for educational purposes only.