

Strong sage tea is said to dry up the mammaries when one wishes to wean.<sup>1</sup> A sage gargle is recommended for bleeding gums, sore throat, and tonsillitis. The tea is a good tonic and recommended for kidney, lethargy, liver, lungs, measles, nerves, and phthisis. The oil is applied in cases of rheumatic pain. An oil distilled from the plant is said to be a violent epileptiform convulsant, resembling the essential oils of absinth, nutmeg, and wormwood. The dried leaves have been smoked to treat asthma. Smelled for some time, it is said to cause intoxication and giddiness.

The oil contains *cis*-2-methyl-3-methylenehept-5-ene (0.1%), alpha-thujene and methyl isovalerate (0.3%), alpha-pinene (1.5%), camphene (3.3%), beta-pinene (1.4%), myrcene (1.2%), alpha-terpinene (0.2%), limonene (2.2%), 1,8-cineole and *cis*-ocimene (9.3%), gamma-terpinene (0.5%), p. cymene (0.8%), terpinolene (0.4%), alpha thujone (29.1%), beta-thujone (5.5%), camphor (26.3%), linalool (0.5%), bornyl acetate (1.9%), terpinen-4-ol (4.0%), caryophyllene (0.4%), alloaromadendrene (0.3%), sabinyl acetate and alpha-humulene (4.4%), alpha-terpineol and sabinol (3.4%), gamma- and delta-cadinene (0.1%), calamenene (0.1%), caryophyllene oxide (1.1%), and trace amounts of *trans*-2-methyl-3-methylene-hept-5-ene, *trans*-ocimene, *trans*-3-hexenal, *trans*-allo-ocimene, alpha-p-dimethylstyrene, beta-bourbonene, alpha-gurjunene, isocaryophyllene, alpha-maaliene, beta-copaene, aromadendrene, delta-terpineol, borneol, and p.cymen-8-ol in *S. officinalis* oil. Trace amounts of 1-octen-3-ol, alpha-corocalene, selina-5, 11-diene, and ledene have also been identified.<sup>193</sup> Per 100 g, the dried herb is reported to contain 315 calories, 8.0% H<sub>2</sub>O, 10.6 g protein, 12.7 g fat, 60.7 g total carbohydrates, 18.0 g fiber, 8.0 g ash, 1652 mg Ca, 91 mg P, 28.1 mg Fe, 428 mg Mg, 11 mg Na, 1070 mg K, 4.7 mg Zn, 5900 IU vitamin A, 0.75 mg thiamine, 0.34 mg riboflavin, 5.7 mg niacin, and 32 mg ascorbic acid. Saturated fatty acids total 7.03 g, monounsaturated 1.87 g, and polyunsaturated 1.76 g.<sup>89</sup> Leaves contain 3% tannin, fumaric, malic, and oxalic acids, picrosalvin, saponins, pentoses, a wax, and KNO<sub>3</sub>.<sup>1</sup> Seeds contain 18% protein and an oil (used as a bonding agent in oil paints) which contains 14.2% oleic acid, 29.2% linoleic, 34.7% linolenic, and 12.0% saturated acids.<sup>1</sup>

**Toxicity** — Cheilitis and stomatitis follow some cases of sage tea ingestion.<sup>6</sup>