



## Sage Leaf Tea

**Internal use:** To drink

**For use in the oral cavity:** For gargling and rinsing

**For external use:** For application to the skin as a compress.

### Fields of application:

**Traditional internal use:** To relieve mild digestive complaints such as heartburn and flatulence, to relieve increased perspiration.

**Traditional application in the oral cavity:** For gargling in case of inflammation in the mouth and throat.

**Traditional external use:** For the relief of mild skin inflammations.

These applications are based exclusively on the long-standing use of the medicinal product in the areas of application.

**Contraindications:** Hypersensitivity to sage.

### Precautions for application and warning advice:

**Children and young people:** Due to insufficient data, the use in children and adolescents under 18 years of age is not recommended.

**Pregnancy and lactation:** Insufficient research has been conducted into safety during pregnancy and lactation. Therefore, this product should not be administered during pregnancy and lactation.

**Interactions:** None known.

### Dosage instructions and type of application:

#### Internal use

- For relief of mild digestive complaints such as heartburn and flatulence

**Adults, including older persons:** Single dose: Pour 150 ml of boiling water over 1.2 g (approx. 1 tea spoon) chopped sage leaves and pass through a tea strainer after 10 to 15 minutes, if necessary. Daily dose: 3x daily.

- For relief of increased sweat secretion

**Adults, including older persons:** Single dose: Pour 150 ml of boiling water over 2 g chopped sage leaves and pass through a tea strainer after 10 to 15 minutes, if necessary. Daily dose: 1x daily.

#### Use in the oral cavity

- For gargling in case of inflammation in the mouth and throat

**Adults, including older persons:** Single dose: Pour 100 ml of boiling water over 2 to 3 g chopped sage leaves and pass through a tea strainer after 10 to 15 minutes, if necessary. The infusion is then used to rinse or gargle. Daily dose: 3x daily.

#### External use

- For the relief of mild skin inflammations

**Adults, including older persons:** Prepare an infusion of an average of 2 to 3 g of chopped sage leaves, pour over 100 ml of boiling water and pass through a tea strainer after 10 to 15 minutes, if necessary. Apply to the affected areas of skin 2-4 x daily.

### How long to take the medicine for:

#### Internal use

**For relief of mild digestive complaints:** If symptoms persist for longer than 2 weeks or recur periodically, or if the symptoms worsen, a doctor must be consulted.

**For relief of increased sweat secretion:** If symptoms persist for longer than 6 weeks, or if the symptoms worsen, a doctor should be consulted.

#### Use in the oral cavity

- For gargling in case of inflammation in the mouth and throat

If symptoms persist for longer than 1 week, or if the symptoms worsen, a doctor must be consulted.

#### External use

- For the relief of mild skin inflammations

The average period of use is two weeks. If the signs of inflammation increase, such as redness, excessive warmth or swelling, consult a doctor immediately.

# Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.  
Seit **1903** im Dienste der Gesundheit.



**Side effects:** None known.

**Reporting side effects:** Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de). By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.

**Note:** Keep protected against light and moisture. The medicinal product should not be used after the expiry of the best before date.

**Active ingredient:** 100 g tea contain 100 g sage leaves.

**Packet sizes available: 150 g medicinal tea**

**Information updated:** January 2023

**Packet sizes available: 150 g tea**

Art. No. 305

Eti0323

For risks and side effects please read the information leaflet and consult your doctor or pharmacist.