

FRILABIOL Digestion



Dandelion

Although often considered a simple invasive lawn weed, dandelion has been used for centuries in various forms in traditional medicine. *Taraxacum officinale* is the most common species, though many others exist.

The leaves, roots, and flowers can all be consumed, and they are frequently used in herbal teas and dietary supplements.

Dandelion is used as a natural remedy to:

- Support blood sugar regulation
- Promote skin health
- Support liver function
- Contribute to cardiovascular health



Sage

Salvia officinalis L. is a perennial subshrub native to the Mediterranean basin. Its leaves and essential oil have long been used for medicinal and culinary purposes.

The European Pharmacopoeia recognizes sage leaves under the name *Salviae folium*, referring to whole or cut dried leaves. They must contain at least:

- 15 mL/kg of essential oil (whole leaves)
- 10 mL/kg of essential oil (cut leaves)

Sage tincture (containing 0.1% essential oil) also has its own monograph in the European Pharmacopoeia.

Since antiquity, sage has been used for:

- Wound treatment
- Sore throats (as a gargle)
- Digestive disorders
- Memory enhancement
- Excessive sweating (hyperhidrosis)



EFFICACY AND INDICATIONS

- Rich in fiber, vitamins, and minerals in all parts of the plant.
- An important source of betacarotene and polyphenols, which help neutralize free radicals and protect against chronic diseases.
- Animal and invitro studies suggest antiinflammatory properties.
- Contains bioactive compounds that may reduce blood sugar (observed in animal and invitro studies).
- Animal studies suggest reductions in cholesterol and triglycerides (limited human data).
- May help lower blood pressure due to its diuretic effect and potassium content.
- Animal studies indicate liverprotective effects.
- May contribute to weight control.
- Rich in fiber and prebiotics, especially inulin, which supports intestinal regularity and digestive health.
- Sage contains several antiinflammatory and antioxidant compounds, including: Rosmarinic acid, Camphor, Carnosol
- Sage infusion may help prevent or support the treatment of type 2 diabetes by reducing blood glucose levels.
- It may help slow the progression of Alzheimer's disease and improve mood and memory (more research needed).
- Sometimes used to ease nausea during pregnancy and to reduce milk production during weaning (limited evidence).
- May reduce hot flashes in menopausal women.