



Category 3  
Single Herb  
Tabs / Capsules



**GOODFORYOU**

GOOD FOR LIFE

**RED CLOVER**

(Contains Isoflavones) 100 Caps #104730

**Description:** **Red Clover** helps relieve hot flashes, night sweats and other midlife changes. Reduces enlarged prostates, improves cardiovascular health, lowers cholesterol levels, and helps purify the blood. Skin conditions such as psoriasis benefit because of its blood-purifying action.

**Contents / Ingredients**

***A dietary supplement of natural plant estrogens for women experiencing midlife changes***

Traditionally, the blossoms from this plant were used as a tonic in the spring to promote good health and peace of mind. It contains small amounts of silica, choline, calcium, and lecithin, all essential for normal body function. It works as a muscle relaxer and also is a good expectorant. It is an old-time remedy for skin inflammation and eczema. Combined with other herbs **Red Clover has been used to treat cancers and tumors.** It is interesting that some cultures do not suffer in ways other cultures do in regards to health

**Traditional Therapeutic Action**

**Supplement Facts**

	Amount Per Serving	% Daily Value
Serving Size 2 Capsules	Servings per Container 50	
Total Carbohydrate	<1 g	<1% (**)
Vitamin C	2 mg	3%
Red Clover Blossoms (Trifolium pratense) (flower)	900 mg	(*)

(\*) Daily Value not established.  
(\*\*) Percent Daily Values are based on a 2,000 calorie diet.  
Other ingredients: Magnesium stearate.  
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk or egg.

problems. In particular Mediterranean women generally breeze through menopause, whereas Western women suffer from hot flashes, depression, insomnia, and other unpleasant symptoms. Research has found that a whole range of disease conditions were related to differences in diet.

Red Clover contains isoflavones formononetin and biochanin. These substances are believed to help in an array of health conditions. There are many benefits, for instance men who eat isoflavone rich foods have lower rates of **prostate cancer**, and also lower rates of prostate enlargement that can lead to urinary problems as men age.

Red Clover may also help **lower cholesterol levels, increase bone mass during menopause**, and protect against various cancers because of its isoflavone content and other constituents. Recent evidence does show that **Red Clover helps improve heart health in menopausal women.** This is important because as estrogen levels decline, women's cardiovascular risk factors approach those of men, who have a higher risk of heart attack earlier in life.

***Promotes a healthy prostate naturally***

Several properties of Red Clover are recognized in Eastern as well as Western cultures. Both groups use Red Clover as an **important rejuvenator, a diuretic in gout, a sedative in bronchial conditions, and for whooping cough** because of its antispasmodic and expectorant activity. It is used by both cultures to treat debilitating, infectious, and inflammatory diseases, i.e.. Asthma, bronchitis, ulcers, skin ailments, rheumatism, and arthritis. Red Clover is used for its general eliminative, **detoxifying or cleansing activities.** Its gentle effects work well in chronic diseases, most commonly it has been used in skin and respiratory problems. The British Herbal Pharmacopoeia list Clover as a dermatological agent for use in skin conditions such as **eczema and psoriasis.**

**SUGGESTED DOSAGE:** Take as directed.

**CAUTION:** The estrogens in this herb may also raise blood glucose levels enough to alter insulin requirements in diabetics. Although the coumarin content of red clover is low at normal usage levels, it is important to note coumarins can affect the action of almost any drug. It is contraindicated in estrogen-dependent cancers.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.