



RED CLOVER *(trifolium pratense)*

Common Uses

Red Clover has a strong concentration of natural estrogens. They perform functions similar to those of natural and synthetic estrogens, relieving menopause and menstruation related problems, and may protect against breast cancer, colon cancer, prostate cancer and osteoporosis. Some herbalists use Red Clover to treat skin conditions and spasmodic coughing.

Precautions

Do not use if pregnant or nursing.

Common Dosage:

Capsules: Take 1-2 450mg capsules up to three times daily

Tea: Make a tea of 3 tsp of dried Red Clover in 8oz. hot water up to three times daily

Tincture: 30-40 drops (appx. ½ dropper-full or ½ teaspoon) up to three times daily.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

