

RED CLOVER & PUERARIA

What is RED CLOVER?

Red clover, a member of the pea family, contains estrogen-like properties called phytoestrogens, known for their hormone balancing activity. Red clover contains compounds called isoflavones and is a more diverse source of isoflavones than soy. It also contains progesterone-binding components. It is used to treat symptoms associated with both estrogen excess (PMS) and deficiency (menopause). It is considered as one of the best herbs to “purify” the blood. It is believed that toxins in the blood are the root cause of many illnesses. Pueraria also contains a rich source of phytoestrogens with high levels of estrogenic activity. *

What are the benefits?

Red Clover’s natural estrogenic activity is preferred, in place of traditional HRT, by many women for menopausal-related symptoms, especially hot flashes and vaginal dryness. It has been shown to improve cardiovascular function in menopausal women and help prevent bone loss. Evidence suggests increased bone density to approximately the same extent as HRT and may also assist in new bone, unlike estrogen. Because Red clover is known as a “blood purifier” and its isoflavones may possess antitumor activity, it is used in combination with other herbs in the treatment of cancer. It has been used to relieve spasms associated with asthma and bronchitis and in the treatment of acne, eczema, psoriasis and other skin diseases. It is used as a diuretic, nerve tonic, general tonic and sedative for exhaustion; to strengthen children with weak systems and treat children’s coughs, bronchitis and wheezing, as it is mild to their systems. Consult a professional if you have had breast cancer or at high risk, taking blood thinning or anticoagulant medication. *

Supplement recommendation:

For the most effective benefits look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives, preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Helps to “purify” the blood***
- **Hormone balancing activity for PMS***
- **Alternative for traditional HRT***
- **Relieves menopausal hot flashes and vaginal dryness***
- **Effective at reducing bad cholesterol and improving good***
- **Relief for asthma and bronchitis***
- **A nerve tonic and natural sedative***
- **Provides antibiotic properties***
- **Contains cardioprotectant activity***
- **Improves the overall health of liver and kidneys***
- **Rich source of isoflavones that possess antitumor activity***

Supporting Research:

Baber RJ, Templeman C, Morton T, et al. Randomized placebo-controlled trial of an isoflavone supplement and menopausal symptoms in women. *Climacteric*. 1999;2:85-92
Boue SM, et al. Evaluation of the estrogenic effects of legume extracts containing phytoestrogens. *J Agric Food Chem*; 2003, Apr 9;51(8):2193-9
Buck A. “Phytotherapy for the prostate.” *British Journal of Urology* 1996 78; 325-336
Clifton-Bligh PB, et al. The effect of isoflavones extracted from red clover (Rimostil) on lipid and bone metabolism. *Menopause* 2001; Jul-Aug; 8(4):259-265
Day NE. Phytoestrogens and hormonally dependent cancers. *Pathol Biol*. 1994;42: 1090
De Kleijn MJ, et al. Dietary intake of phytoestrogens is associated with a favorable metabolic cardiovascular risk profile in postmenopausal US women: the Framingham study. *Journal of Nutrition* 2002, Feb; 132(2):276-282
Chiechi LM. Dietary phytoestrogens in the prevention of long-term postmenopausal diseases. *International Journal of Gynaecology and Obstetrics* 1999; Oct; 67(1):39-40
Dixon-Shanies D, et al. Growth inhibition of human breast cancer cells by herbs and phytoestrogens. *Oncology Reports* 1999 Nov-Dec; 6(6):1383-7
Foster S. *Herbs for Your Health*. Loveland, CO: Interweave Press, 1996, 76-7
Jeri A. The use of an isoflavone supplement to relieve hot flashes. *The Female Patient* 2002; 27:35-37
Lissin LW, Cooke P. Phytoestrogens and cardiovascular health. *Journal of the American College of Cardiology* 2000, May; 35(6):1403-10
Murray M. *The Healing Power of Herbs*. 2995; Rocklin, CA Prima Publishing
Nachtigall LB, et al. *Nonprescription alternatives to HRT*. *The Female Patient*; Jun 24, 1999;45-50
Stephens FO. Phytoestrogens and prostate cancer. Possible preventive role. *Med J Aus* 1997;167:138-40
Ying JTH, Shieh SC. Growth inhibition of human endothelial cells by the phyto-estrogen biochanin A, a metabolite of genistein. *British J Nutr* 2001; 85 (5): 61620

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.