

# Red Clover

## *A Rich Source of Phytoestrogens*

Red Clover is a perennial herbaceous plant easily identified by its purple or pink flowers, and its three-pronged leaves. A favorite of Disney's rabbit named Thumper in the cartoon movie Bambi, Red Clover has also been favored by millions for many centuries for its light sweet taste and healing properties that have proven to prevent epidemics.

Extensive research done on this herb's flowers and leaves have revealed their positive and promising contributions to better health through helping the body absorb and use potassium. Potassium is favored by the body for its alkalizing properties, rather than calcium, which is acid producing – and can help build strong and flexible bones, process out harmful bacterium, strengthen the heart and improve irregular beats, balance digestion, increase B-complex absorption, and reduce overall stress.

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## General Information

Red Clover is a low growing perennial plant that can grow up to 20 inches tall. Also known as cow grass, beebread, meadow clover, purple clover or by its scientific name *Trifolium pratense*, Red clover bears pink or purple flower heads that are half an inch to one inch in size and are made up of numerous 1/2-1 inch flowers.



Red Clover is native to the Americas, Europe, Central Asia and Northwest Africa [1], and is now naturalized and grows in other parts of the world including the tropics and Australia.

Throughout history, Red Cover has been relied on by natural healers because of its many applications and benefits. Chinese herbalists prescribed Red Clover tea for the common cold and as a blood purifier. Native Americans and other cultures have used it for supporting skin health, preventing bruises, and reducing fevers. Incan curanderos used it for cellular preservation, female disorders, anti-nausea, and aiding child birth.

Prized for its sweet and pleasant taste, Red Clover makes a great tasting tea that provides the body with energy, pH balance, blood and cellular health, and a sense of well being.

## Nutrients and Applications

Red Clover flowers and leaves provide good levels of many valuable nutrients including potassium, calcium, magnesium, niacin, phosphorus, thiamine, chromium and vitamins A and C. Red Clover also contains tocopherol, a form of vitamin E.



Red Clover is an excellent source of antioxidants and isoflavones which are rich in phytoestrogens (water-soluble chemicals that have the action of estrogen). Isoflavones have shown potential in alleviating a number of menopausal conditions like hot flashes and night sweats, cardiovascular health and also assist with bone health [3]. These isoflavones have been associated with assisting the production of good cholesterol levels which can then lead to better circulation and improved heart health.

Red Clover contains four phytoestrogens, namely: biochanin-A, formononetin, daidzein and genistein. The last two phytoestrogens mentioned are known to support normal cell growth.

Red Clover also contains coumarins which have blood thinning properties that may help improve blood flow. The resin content of Red Clover may assist normal respiratory function of the lungs.

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## Products

The all around and multiple healing properties of Red Clover make it a great daily herb to provide protection from harmful environmental toxins and to deliver mega doses of herbal medicine via its many forms:

- As a tea, red clover delivers 10 grams of herb per cup
- As a capsule, 1 gram is obtained through digestion
- As an extract, every 1 drop is 10 grams that the body develops into 100 grams
- As red clover essential oil, every 1 drop is 100 grams of healing power

Get your daily dose of health from Red Clover and feel the difference!