

Red Clover

100 capsules, Single herb, Stock No. 550-9

Red Clover is a nutritive and alterative herb frequently used as a cleanser and for prevention.

Originally, in Europe, red clover was used as a diuretic against gout and as an expectorant. Once introduced to America, it was used mostly as a sedative for whooping cough. For over 100 years, red clover has been used as a powerful blood purifier for skin diseases and other degenerative diseases.

Did you know?

According to American researchers, red clover may be useful as an anticoagulant for coronary thrombosis. Taken daily, an herbal tea made with the flower tops of the red clover may fight breast cancer. The whole plant is part of several experimental formulas against cancer.⁵

NSP Advantage

100 capsules. Single herb.

Ingredients: 320 mg of the finest red clover (*Trifolium pretense*) flowers.

Red clover contains naturally-occurring amounts of calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C.

Recommendation: Take two capsules with a meal three times daily.

Red Clover Blend, a 59 mL liquid extract in glycerine, is also available. Stock #3420-9.

1. Mowrey, Daniel B., *The Scientific Validation of Herbal Medicine*, Keats, 1986, page 54
2. Tierra, Michael, *The Way of Herbs*, Pocket Books, 1998, page 185.
3. Duke, James, *The Green Pharmacy*, Rodale, 1997, pp. 325 & 328.
4. Castleman, Micheal, *The Healing Herbs*, Rodale, 1991, page 298.
5. Bremness, Lesley, *Les plantes aromatiques et médicinales*, Bordas, 1994, page 222.

Features & Benefits

- Red clover has traditionally been used to purify the blood and lymph.
- Alkalizes the body.
- Fights several bacteria, such as the pathogen that causes tuberculosis.¹
- Alleviates skin problems such as psoriasis and eczema.²
- Helps increase estrogen levels which in turn helps minimize menstrual cramps and hot flashes during menopause.³
- According to the National Cancer Institute, red clover contains four antitumour compounds.⁴
- May help to soothe the body and promote sleep when taken as a hot herbal tea..