

RED CLOVER

Botanical Name:

Trifolium pratense

Common Names:

Beebread, Cow Clover, Cow Grass, Meadow Clover, Purple Clover, Wild Clover

Parts used:

The dried and the fresh flower heads



Active Components:

Red clover is one of the richest sources of isoflavones, water-soluble chemicals that act like estrogens and are found in many plants.

Looks like:

The plant is a perennial herb 15 to 40 cm high. The red flowers are the source of medicinal properties.

Where it's grown:

Commonly grows wild in meadows throughout Europe and Asia, and has now been naturalized in many other parts of the world.

History:

In folk medicine, red clover has been used for coughs, bronchitis, asthma, eczema, mouth ulcers and sore throats. Red clover was thought to “purify” the blood by promoting urine and mucous production, improving circulation, and stimulating the secretion of bile.

Use:

Red clover is one of the richest sources of isoflavones and is therefore used for osteoporosis, menopausal symptoms, and high cholesterol. There are on-going studies on its effect on arteries and prostate enlargement.