



RED CLOVER

A member of the pea family, Red Clover (*Trifolium pratense*) is commonly found on meadows, lawns and on grass verges. It is one of the world's oldest agricultural crops, widely cultivated as a fodder crop for cattle, horses and sheep. In folklore the leaves were used to ward off evil as a symbol of the Holy Trinity. Medicinally, Red Clover has been used on the three continents of Europe, Asia and America for many generations for coughs, skin complaints, asthma and as a diuretic (water tablet). It is also known as a blood cleanser. More recent scientific investigation has been centred on the four phytoestrogens in Red Clover, genistein, daidzein, biochanin A and formononetin and their benefits during the menopause.



The Benefits of Red Clover

Hot flushes - women taking 40 milligrams of Red Clover isoflavones daily for 16 weeks found a 50% reduction in the number of hot flushes experienced and a 47% reduction in their severity.

Osteoporosis - in a study of 107 women who were approaching and going through the menopause, a 49% reduction in the loss of bone minerals was demonstrated.

Circulation health in menopausal women - an improvement in heart health, protection against narrowing of the arteries and a reduction in cholesterol levels have been demonstrated in menopausal women. This is thought to be due to the anti-oxidant and oestrogenic properties of Red Clover. The condition of arteries deteriorates in postmenopausal women. In trials, taking a Red Clover extract daily helped maintain healthy arteries.

Prostate health - Red Clover is used to aid urine flow and to help relieve irritation and inflammation of the urinary tract. Men in countries with a high isoflavone content diet have better prostate health. It has been speculated that this is due to an influence on testosterone metabolism and a reduction in cell division and growth.



Properties

Isoflavones - Red Clover contains 4 isoflavones: genistein, daidzein, biochanin A and formononetin. Isoflavones are compounds of plant origin which belong to a group with mild oestrogen like characteristics known as phytoestrogens.

In the body oestrogen initiates processes by attaching to specific receptor sites. This has been compared to a key fitting into the correct lock and opening a door. Isoflavones attach to the same receptors, but have a weaker effect i.e. the door does not fully open. The end result is that when too much oestrogen is present, isoflavones block the receptors preventing excess activity and when it is low or absent, they exert a mild hormonal effect providing activity where there would otherwise be little or none.

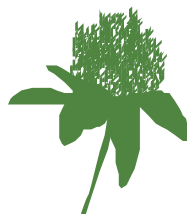
Genistein, daidzein and biochanin A also have documented anti-oxidant properties and may also help prevent atherosclerosis (furring of the arteries) and osteoporosis.

Other properties - Red Clover has anti-spasmodic and expectorant effects and is thought to promote skin healing.



Contra-indications / Precautions

Should be avoided by pregnant and breastfeeding women and by those taking anticoagulant therapy such as warfarin.



Why Choose Natures Aid Red Clover?

- Each tablet contains 500mg of Red Clover extract standardised to provide 40mg of isoflavones including genistein, daidzein, biochanin A and formononetin.
- Manufactured in the UK in our state of the art purpose built facility to GMP (Good Manufacturing Practice) standards.
- SUITABLE FOR VEGETARIANS AND VEGANS.



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