

RED CLOVER

(Trifolium pratense)

Clinical Summary

Actions

- Phytoestrogen
- Antispasmodic
- Alterative
- Hypotensive
- Anticancer
- Diuretic
- Nutritive Tonic

Indications

- Menopausal symptoms, particularly hot flushes
- Metabolic syndrome & atherosclerosis
- Hypertension
- Skin conditions such as eczema, boils, acne
- Prostate cancer
- Bronchitis and whooping cough
- Osteoporosis

Traditional Use

Traditionally it is considered as an alternative remedy with blood-cleansing properties useful in the treatment of skin diseases such as psoriasis, eczema and rashes.

Energetics

Cooling, sweet, salty.

Constituents

Contains phenolic acids (including salicylic acid and coumaric acids), flavonols, a range of isoflavones - including genistein, daidzein, formononetin and biochanin-A. Red clover also contains volatile oils and is a source of many nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine and vitamin C.

Use in Pregnancy

Not generally recommended in pregnancy due to phyto-oestrogen content and lack of safety data.

Contraindications and Cautions

There are no known contraindications for the flower head extracts. Concentrated isoflavone extracts should only be used by people with oestrogen-sensitive cancers under professional supervision because of the possible proliferative effects. Additionally, people with conditions that may be aggravated by increased oestrogen levels, such as endometriosis or uterine fibroids, should use this herb under professional supervision only. No randomised controlled trials have addressed the long-term safety of phyto-oestrogens in patients after a diagnosis of breast cancer.

Drug Interactions

Caution with hormone replacement therapy, methotrexate (a chemotherapy agent and immune-system suppressant), tamoxifen (hormonal therapy used to treat breast cancer), anticoagulant/antiplatelet (such as warfarin) and contraceptive drugs. May be beneficial with lipid-lowering drugs – monitor.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
10 to 60mL weekly