

# Red Clover

**Botanical Name:** *Trifolium pratense*

**Family:** Fabaceae

**Energetics:** Cooling, nutritive

**Taste:** Mild, sweet, slightly astringent

**Actions:** Blood purifier, nutritive tonic, mild phytoestrogen, anti-inflammatory, lymphatic support

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## Overview

Red Clover is traditionally used for its nutritive and blood-purifying properties, mild phytoestrogen support for women, anti-inflammatory effects, and lymphatic system support.

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## Uses

### Internal Uses

- Supports women's hormonal balance (mild phytoestrogen)
- Blood purifier and nutritive tonic
- Lymphatic system support
- Anti-inflammatory support

### External Uses

- Infused oils or poultices for skin irritations
- Bath infusions for skin and relaxation

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## Medication Interactions

- May interact with anticoagulants
- May affect estrogen-sensitive medications

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## Contraindications

- Pregnancy: avoid unless under guidance
- Children: safe in teas in moderation
- Allergy to Fabaceae family
- Hormone-sensitive conditions

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## Caution & Safety

- Moderate doses recommended
- Avoid during pregnancy or hormone-sensitive conditions without supervision
- Monitor for allergic reactions

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## Herbal Pairings

### Blends Well With

- Raspberry Leaf (reproductive support)
- Chamomile (soothing and anti-inflammatory)
- Nettle (nutritive synergy)

### Avoid Combining With

- Hormone therapy or anticoagulants without guidance

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## Possible Side Effects

- Rare allergic reactions
- Mild digestive upset
- Hormonal effects in sensitive individuals

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## Forms & Dosage

### Tea / Infusion

- 1–2 tsp dried flowers per cup water
- Steep 10–15 minutes
- 1–3 cups daily

### Tincture (1:5)

- 2–4 mL, 1–2 times daily

### External / Infused Oil or Bath

- Apply to skin or bath as desired

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Red Clover is a gentle nutritive herb with blood-purifying, anti-inflammatory, and mild phytoestrogen properties. Ideal for teas, tinctures, and external infusions.

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