

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

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.

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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Notes

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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