



BLACK CLOVER

Black clover belongs to the family of legumes and can be used internally or externally. It contains various beneficial substances such as vitamin B1, calcium, chromium, copper, phosphorus, isoflavones and coumarin. It is the isoflavones that have a strong influence over the symptoms that occur during menopause and other disorders such as cancer and cardiovascular diseases.

Black clover healing properties

As far as external use is concerned, black clover is mainly used in skin problems, atopic dermatitis and psoriasis. In internal use, however, black clover is very useful and is used mainly in menopausal problems, against constipation, for accelerated urinary excretion and has an estrogenic effect.



Black clover extracts are used in various dietary supplements, especially to alleviate the problems of women in menopause. It is often recommended that clover be used for other problems as well, especially for controlling cholesterol and estrogen levels, improving of rheumatoid problems and inflammation of the stomach lining.

Treatment of cardiovascular disease: According to studies, the researchers concluded that black clover could help protect against heart disease. One of the studies carried out showed that women who were taking dietary supplements with black clover during menopause, had more flexible arteries, which can help prevent heart disease. Black clover can also have blood-thinning properties, which prevents blood clots from forming.

Menopause: Due to their estrogen-like effects, clover isoflavones can help reduce symptoms during menopause, such as feverishness and night sweats. Several studies have shown that black clover extract can significantly reduce feverishness in menopausal women.

Osteoporosis: During menopause, the level of the estrogen is lower, which means that the risk of osteoporosis is increased. Black clover extract is thought to slow bone loss and even increase bone mineral density in women before and after menopause.