

Red Clover

A traditional meadow herb for skin, lymph, and women's wellness blends.

Official Botanical Name: *Trifolium pratense*

Brief Description: Red clover blossoms and aerial parts are traditionally used in cleansing teas, skin-focused blends, and women's wellness formulas.

Benefits

- Traditionally used in skin and lymphatic blends
- Contains naturally occurring isoflavones
- Often used in women's wellness teas
- Popular in gentle cleansing routines

Ways to Use

- Herbal tea
- Skin-support blends
- Lymphatic blends
- Women's wellness formulas

Instructions

- Tea: Steep 1-2 tsp dried herb for 10-15 minutes.
- Blend with nettle, cleavers, calendula, or dandelion leaf.
- Use consistently only if appropriate for your health situation.

Suggested Adult Use: Tea: 1 cup daily as desired.

Medication Warnings & Safety Notes: Avoid during pregnancy and breastfeeding unless professionally advised. Use caution with hormone-sensitive conditions, blood thinners, birth control, hormone therapy, fertility treatment, or before surgery.

Educational use only. These statements have not been evaluated by Health Canada or the FDA. This product is not intended to diagnose, treat, cure, or prevent disease. Herbal information is based on traditional use and general wellness education. Check with a qualified healthcare professional before use if pregnant, nursing, taking medication, preparing for surgery, or managing a medical condition. Keep out of reach of children.