



Name Red Clover

Caps

Code	Size	Duration
C38-54	54 Capsules	Usually lasts 18 days
C38-100	100 Capsules	Usually lasts 33 days

Area concerned

Menopause, menstruation, muscles and joints, detox.

Ingredients

Red clover 275mg minimum per capsule.

Description

Red Clover is a great herb to assist in a detox. For this reason, it supports the muscles and joints well. **Red Clover** has also become popular amongst menopausal women recently and with good reason. The fact that it contains a number of phytoestrogens explains its popularity. One major class of phytoestrogens is the isoflavones. Four types of these have been identified and red clover contains all four. The phytoestrogens can also make it helpful to take **Red Clover Capsules** or **Drops** during menstruation.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

How long to take it for

Take for a course of 3-4 months, or as and when desired. If desired, up to twice this amount can safely be taken. To assist detox, can be used together with our **90-day Detox Programme**.

Cautions

Do not use if pregnant or nursing.

Companion Products

FOR WOMEN: 90-day Menopause Programme; 90-day Menstrual Programme; 90-day Liver Programme; Agnus Castus Capsules or Drops; Black Cohosh Capsules or Drops; Dong Quai Capsules or Drops; Femarone or Femarone 40+ Capsules or Drops; Liv Capsules, Drops or Tea; Motherwort Capsules or Drops; Red Sage Capsules or Drops; Wild Yam 40+ Capsules or Drops. (cont'd)

Caps

Drops

Code	Size	Duration
D17-50	50ml	Usually lasts 28 days
D17-100	100ml	Usually lasts 55 days

Area concerned

Menopause, menstruation, muscles and joints, detox.

Ingredients

Red clover fluid extract only

Description

A more holistic approach to care at menopause time is our **90-day Menopause Programme**; **Red Clover** can be used to supplement this if desired. We are all individual, and what exactly is good for us we have to test out. However, just taking one herb is unlikely ever to do the job; this is why our 'Programme' approach including several products plus dietary and exercise recommendations, is so popular.

For menstruation, our **90-day Menstrual Programme** is the more holistic choice and so we recommend it in this instance as it likely to be more supportive.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

If taking during menopause, try taking capsules or drops daily for a month or so. If satisfactory, continue at this level of use, otherwise you can try doubling the amount.

Cautions

Do not use if pregnant or nursing.

Companion Products

(cont'd) DETOX: 90-day Colon Programme; 90-day Detox Programme; 90-day Kidney Programme; 90-day Liver Programme; 90-day Lung Programme; Detox Drops or Tea; Cascara Compound Capsules or Drops; Kid Capsules or Drops; Kid Tea; Liv Capsules, Drops or Tea; Lu Capsules or Tea; Lym Capsules or Drops; Power Garlic Capsules.

Drops