

Trifolium pratense

Trifolium pratense, commonly known as Red Clover, is a flowering plant native to Europe, Western Asia, and parts of Africa. It has long been used in traditional herbal medicine for women's health, skin support, and general wellness. Today, Red Clover is widely included in herbal supplements and wellness products worldwide.

Key facts

- **Scientific name:** *Trifolium pratense*
- **Common names:** Red Clover
- **Family:** Fabaceae
- **Active compounds:** Isoflavones, flavonoids, coumarins
- **Typical forms:** Teas, capsules, tinctures, extracts

Botanical characteristics

Trifolium pratense is a perennial herb characterized by trifoliate leaves and reddish-purple flower heads. The flowers and aerial parts are harvested and processed into herbal preparations and dietary supplements.

Traditional and modern uses

Traditionally, Red Clover has been used for respiratory support, skin conditions, and women's hormonal wellbeing. In modern herbal medicine, it is frequently promoted for menopausal support, cardiovascular wellness, and antioxidant benefits.

Mechanism and research

Research suggests that the isoflavones present in Red Clover may exhibit phytoestrogenic activity and antioxidant effects. Clinical studies have explored its role in menopausal symptom management and cardiovascular health, although findings remain mixed and further research is ongoing.

Safety and regulation

Red Clover is generally considered safe when consumed in moderate amounts. Individuals with hormone-sensitive conditions or those taking anticoagulant medications should consult healthcare professionals before use.

Culinary and supplement context

Red Clover is commonly available in teas, capsules, tinctures, and herbal blends aimed at women's wellness and general health support. Its continued popularity reflects its longstanding use in traditional herbal medicine.