PERFECT HERBS

Herb Monograph Latin Name: Trifolium pratense

Common Name: Red Clover

Primary Action	endocrine modulator
Secondary Actions	alterative
System Affinities	endocrine, skin
Conditions Treated	acne, estrogen hormonal imbalances
Constituents	flavonoids, phytoestrogens
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	5 g to 15 g
Parts Used	flower tops
Can Be Substituted With	N/A
Pairs Well With	Iris versicolor and Arctium lappa for acne and Urtica dioica folia for childhood eczema and Actea racemosa for hot flashes of menopause



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