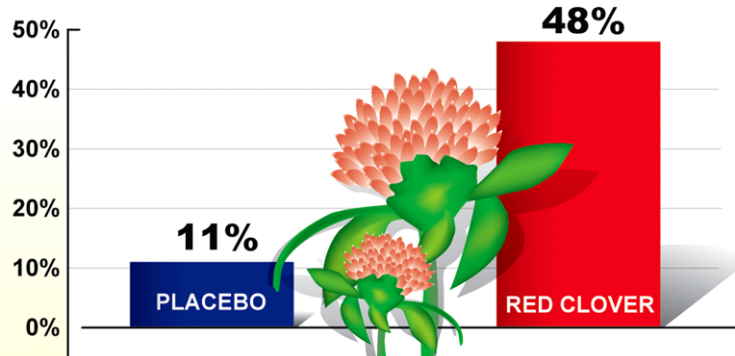


## Red Clover Supplements for Hot Flashes

Thirty women suffering from hot flashes were divided into two groups and given either an over-the-counter supplement containing red clover isoflavones or a placebo for 16 weeks. Women given the red clover supplement experienced more than four times fewer hot flashes than those given the placebo, without side-effects.



Decrease in frequency of hot flashes, placebo vs. red clover

SOURCE: Jeri A. The use of an isoflavone supplement to relieve hot flashes. *The Female Patient* (primary care edition) August 2002;27(8):35-37.