

PRESS RELEASE for Immediate Distribution

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AHP Releases Standards of Identity, Analysis, and Quality and Therapeutic Compendium for Red Clover and Red Clover Extracts

AHP is pleased to announce the completion of its *Monograph and Therapeutic Compendium* for red clover and its dry extracts. This monograph has been under development for more than three years and so is long-awaited. As with all AHP monographs, this provides a full suite of identity and quality tests for red clover and its primary preparations, provides a complete historical use of the plant, guidance on harvest and cultivation practices, a full review of the clinical and pre-clinical pharmacology, and an extensive review of the safety. Of particular interest is a discussion on the topic of phytoestrogens, a very misunderstood category of botanical activity that is of significant relevance to those with reproductive cancers who may want to use red clover and its preparations. Red clover has a long history of use in cancer care and concerns regarding phytoestrogenic activity have been raised. This is fully addressed in the *Therapeutic Compendium* and is of value to customer service, marketing, education, and research and development departments.

The red clover monograph was initiated and supported by Linnea SA, Riazzino, Switzerland who makes Promensil[®], the primary red clover preparation that was subject to numerous clinical trials. While the clinical trials often report mixed results, this work provides a critical review of these findings and provides guidance on how to maximize the efficacy of red clover. The analytical portion of the monograph, specifically the high performance liquid chromatography (HPLC) methods, were graciously provided by the United States Pharmacopeia (USP), thereby promoting a harmonization of red clover standards in the United States and abroad.

Red Clover Monograph and Therapeutic Compendium is one of the most beautiful of all the AHP monographs done to date and is available by ordering from the AHP website: www.herbal-ahp.org. We hope you enjoy this work and that it serves to support the foundation of herbal medicine research in the United States.

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