

Men's health feature:

Sue McGarrigle:

Nutrition Practitioner Vol 13, issue 1,

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Science-based Review Found Red Clover Isoflavones Relieve BPH Symptoms STAMFORD, Conn., Jan. 30 /PRNewswire-First Call/ -- A review article published in the current issue of *Journal of Alternative and Complementary Medicine* (volume 8, number 6). Aaron Katz.

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Effects of one-year treatment with isoflavone extract from red clover on prostate, liver function, sexual function, and quality of life in men with elevated PSA levels and negative prostate biopsy findings Paul F Engelhardt 1, Claus R Riedl Affiliations expand PMID: 18308079 DOI: 10.1016/j.urology.2007.08.068.

Superfoods feature:

Rose Holmes:

¹deAssiss SA, Velloso JCR, Brunetti IL, Khalil NM et al (2009) Antioxidant activity, ascorbic acid and total phenol of exotic fruits occurring in Brazil. *Int J Food Sci Nutr* 60(5):439-448.

Ingredient spotlight:

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<https://pubmed.ncbi.nlm.nih.gov/3279939/>

<https://pubmed.ncbi.nlm.nih.gov/2688125/>

Effects of Systemic Enzyme Supplements on Symptoms and Quality of Life in Patients with Pulmonary Fibrosis—A Pilot Study. Neha Shah. Published: 5 November 2021

Ask the experts:

Lucy Sparkes:

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