

Black Cohosh [*Cimicifuga racemosa* (L.) Nutt]



Source: [www.uic.edu](http://www.uic.edu)

Red Clover [*Trifolium pratense* (L.)]



Source: [www.uic.edu](http://www.uic.edu)

## \*Graphical Abstract

A rigorous study of black cohosh and red clover demonstrates no clinical benefit with either botanical supplement. This paper details how a well-performed study can fail to show benefit.