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One of the most well-known benefits of consuming hops is their potential to promote relaxation and improve sleep quality. Hops contain a compound called xanthohumol, which has been found to have a mild sedative effect on the body.

Can You Eat Hops? Explore the Edible Benefits & Uses

[hukins-hops.co.uk : our-story : news-press : can-you-eat-hops](#)

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People who have conditions that are sensitive to estrogen should use caution when taking hops. Some of these conditions include breast cancer and endometriosis. Surgery: Hops might cause too much sleepiness when combined with anesthesia and other medications during and after surgical procedures.

HOPS: Overview, Uses, Side Effects, Precautions, Interactions ... - WebMD

[vitamins : ingredientmono-856 : hops](#)

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decorre no dia 19 deste mês e na qual o português saberá pelo menos, que será distinguido com o prêmio por ter sido o goleador máximo de 2024 -, Cristiano Ronaldo o seu nome ser esta sexta-feira associado ao prêmio paraíso dos Emirados Unidos... mas por outros motivos.De acordo com a informação recentemente divulgada