



Clove Health Benefits

Cloves are nutrient-dense flower buds rich in eugenol, offering powerful antioxidant, anti-inflammatory, and antimicrobial benefits. They support oral health, aid digestion, and may help support healthy blood sugar balance. Cloves are also commonly used for pain relief and for supporting liver health.



1. HIGH IN ANTIOXIDANTS

Cloves, particularly their high polyphenol content, help fight free radicals and reduce oxidative stress, which may help protect against chronic disease.



2. ORAL HEALTH SUPPORT

Eugenol acts as a natural anesthetic and antibacterial compound, helping soothe tooth discomfort, reduce gum irritation, and combat harmful mouth bacteria.



3. IMPROVED DIGESTION

Cloves may stimulate digestive enzymes and help reduce bloating, gas, nausea, and general stomach discomfort.



4. BLOOD SUGAR MANAGEMENT

Compounds in cloves may help support healthy blood sugar levels.



5. REDUCED INFLAMMATION & PAIN

Clove oil and ground cloves are commonly used to help ease inflammation, discomfort, and minor infections.



6. LIVER HEALTH

Their antioxidant properties may help support liver health.



7. USAGES & CAUTION

Add to food, brew in tea, or chew one whole clove. Use in moderation. Avoid large amounts during pregnancy or if taking blood thinners, and use caution with bleeding disorders.

