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