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Data on hops extracts for conditions such as pain, insomnia, or menopausal symptoms are too limited to draw conclusions.

Hops are traditionally used in beer brewing as flavoring agents. Lab studies suggest that hops extracts may have antibacterial, anti-inflammatory, antidiabetic, and anticancer effects.

Studies in humans are quite limited, however. Preliminary data suggest it may help relieve pain, insomnia, or menopausal symptoms, but some of these studies use hops in combination with other herbs.

Additional studies are needed to confirm safety and efficacy. In addition, patients with hormone-sensitive cancers should consult their physicians before using products containing hops.

What are the potential uses and benefits?

- Arthritis

Preliminary data suggest hops extract in combination with rosemary leaf and oleanolic acid, may reduce pain in patients with osteoarthritis. More studies are needed.

- Sleeping aid

Preliminary data suggest hops extract in combination with valerian may improve sleep in patients with mild insomnia. More studies are needed.

- Menopausal symptoms

In postmenopausal women, a few studies suggest hops extracts may alleviate menopausal symptoms.

- Diabetes

In a small study, hops extract lowered blood glucose and improved insulin sensitivity in patients with type-2 diabetes. Larger

studies are required to confirm such effects.

What are the side effects?

- Several cases of respiratory disease have been associated with inhaling hop dust during harvest and processing.

What else do I need to know?

Do Not Take if:

- You have a hormone-sensitive cancer: Patients should consult their physicians before using products containing hops.
- You are taking CYP450 substrate drugs: Although lab studies suggest that hops extracts may inhibit several CYP enzymes, a standardized hops extract did not appear to cause clinically relevant interactions in humans. Still, patients should check with their doctor before taking hops.
- You are taking paracetamol (acetaminophen): In animal models, some hops species slowed clearance of paracetamol, thereby increasing its analgesic effects. Clinical relevance has yet to be determined.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Hops - Last updated on February 11, 2021

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