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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](#)

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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](#)