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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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Realized by a collaboration of various filmmakers and different casts,

the installments are mostly standalone in nature; though recurring elements indicate the same fictional villain as the source for all

of its videos.