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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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In addition to the visual enhancements, Subway Surfers Switch introduced new gameplay features and modes exclusive to the console version. Players could participate in multiplayer races, competing against friends and other players worldwide to achieve the highest scores and claim the