Coumestrol is a phytoestrogen found in various plant sources such as soy, spinach, and clover; it exhibits estrogenic, anti-inflammatory, immunomodulatory, anti-osteoporotic, and antidepressant activities. Coumestrol acts as an agonist at ERβ and inhibits aromatase and 3α-hydroxysteroid dehydrogenase. Coumestrol decreases immobility in animals undergoing the forced swim test. Additionally, this compound decreases levels of TNF-α, IL-1β, IL-6, and RANKL, limits T cell differentiation and activation, and suppresses formation of osteoclasts in vitro.

References


Caution: This product is intended for laboratory and research use only. It is not for human or drug use.