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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

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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Kampanha da Teddy Olimpíadas
uma iniciativa que tem como objetivo incentivar a prática do esporte e promover a inclusão social por meio de atividades esportivas e culturais. Criada em 2014, a campanha desenvolve uma parceria com o Comitê Olímpico do Brasil e busca disseminar os valores olímpicos, como respeito, amizade e excelência por meio de diversas ações.