

Benefits Of Dates

During Pregnancy



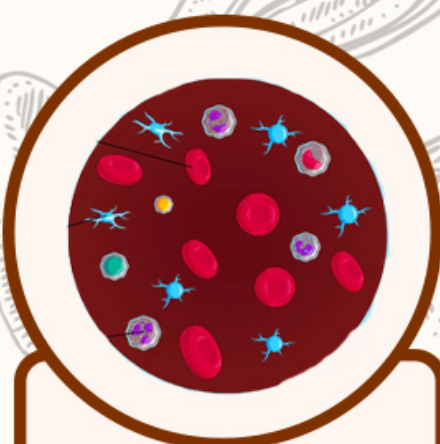
Acts as a source of energy



Provides relief from constipation



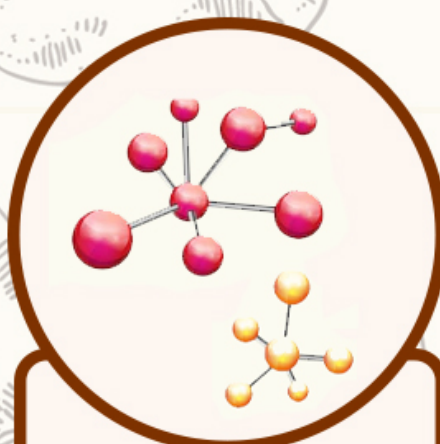
Helps prevent congenital disabilities in the baby



Reduces the risk of anemia



Assists in the formation of healthy teeth and bones in the baby



Produces amino acids required for growth



Reduces levels of cholesterol

