

Benefits And Side Effects Of Lime Juice In Pregnancy



Benefits

Boosts immunity



Helps manage hypertension



Prevents dehydration

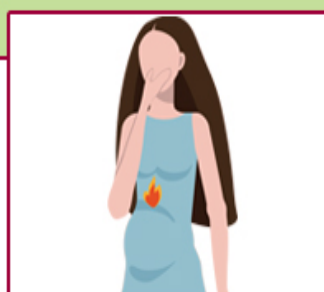


Possible Side Effects

Excess consumption might lead to oral health problems



The high acid content of lime juice can cause heartburn



Consuming unwashed fruit may lead to toxoplasmosis

