

Pregnancy-Related Benefits

BAKING SODA



Offers relief from heartburn when consumed after diluting in water

Reduces oral acidity levels when used as a rinse solution after vomiting





Removes germs and dirt from fruit and vegetable skins effectively, reducing the risks of infection

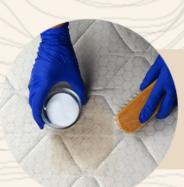
General Benefits



Extinguishes small cooking and electrical fires

Deodorizes cutting boards, garbage bins, dishwashers, and refrigerators





Performs as a cleaning agent for stained clothes, dishes, and other surfaces

References:

- 1. Baking Soda -- The Everyday Miracle; University of Wisconsin
- 2. Oral Health Care During Pregnancy; University of California

Mom V Junction

 $Source: \underline{https://www.momjunction.com/articles/safe-use-sodium-bicarbonate-pregnancy_0081580/}$