

Benefits Of CELERY

For Pregnant Women



Supports
digestion



Hydrates the
body



Controls blood
pressure



Helps manage
gout



Boosts heart
health



Manages
weight

References:

1. Blood Pressure Change After Celery Juice Ingestion in a Hypertensive Elderly Male; NCBI
2. Anti-gouty arthritis and anti-hyperuricemia properties of celery seed extracts in rodent models; NCBI
3. A Review of the Antioxidant Activity of Celery (*Apium graveolens L*); NCBI