

The Many Benefits Of KALE

For Expecting Moms



Facilitates smooth digestion



Helps make bones strong



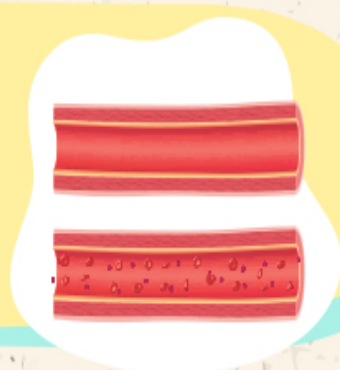
Promotes fetus development



Supports immunity



Makes blood vessels stronger



Provides anti-inflammatory effects



References:

1. Pregnant women have inadequate fiber intake while consuming fiber-rich diets in low-income rural setting: Evidences from Analysis of common "ready-to-eat" stable foods; NCBI
2. Vitamin A and Pregnancy: A Narrative Review; NCBI
3. Warfarin, your diet, and vitamin K foods; UIHC.org
4. Omega 3 Fatty Acids: A Good Fat to Have; UMass Chan Medical School