

Benefits Of **POMEGRANATE** *For Nursing Moms*



Benefits heart health



Relieves dental plaque and oral bacteria



Increases hemoglobin



Aids in the reduction of cholesterol



Aids treatment of diabetes due to hypoglycemic qualities



Aids treatment of osteoarthritis



Useful for skin toning



Effective against diarrhea and jaundice



References:

- 1 Effect of Pomegranate Juice on Dental Plaque Microorganisms (Streptococci and Lactobacilli); NCBI
- 2 Medicinal Uses Of Punica Granatum and Its Health Benefits; Academia.edu