



# Key Benefits Of Ginger Ale For Pregnant Women



**Alleviates nausea  
and vomiting**



**Reduces  
sore throat**



**Helps manage  
blood sugar**



**Reduces  
migraine pain**



**Supports heart  
health**



## References

1. The Effectiveness of Ginger in the Prevention of Nausea and Vomiting during Pregnancy and Chemotherapy; NCBI
2. The Effects of Ginger on Fasting Blood Sugar, Hemoglobin A1c, Apolipoprotein B, Apolipoprotein A-I and Malondialdehyde in Type 2 Diabetic Patients; NCBI
3. Ginger for migraines; NutritionFacts
4. Does ginger supplementation lower blood pressure? A systematic review and meta-analysis of clinical trials; NCBI