



Potential Benefits Of Having Activia Yogurt In Pregnancy



Reduces
inflammation and
boosts immunity



Promotes
bowel health



Supports bone and
muscle health



Improves
digestion and
metabolism



Offers low-fat
proteins



Alleviates the
risk of
pregnancy
complications

Reference

1. Benefits of Probiotic Yogurt Consumption on Maternal Health and Pregnancy Outcomes: A Systematic Review; NCBI