



# How Goji Berries Help Pregnant Women



Control blood glucose

Minimize risk of anemia



Provide crucial nutrients

Minimize cholesterol levels



Improve immunity

Protect vision



## References

1. Goji Berry (Lycium barbarum) Supplementation during Pregnancy Influences Insulin Sensitivity in Rabbit Does but Not in Their Offspring; NCBI
2. Lycium barbarum Reduces Abdominal Fat and Improves Lipid Profile and Antioxidant Status in Patients with Metabolic Syndrome; NCBI
3. Goji Berries as a Potential Natural Antioxidant Medicine: An Insight into Their Molecular Mechanisms of Action; NCBI
4. Goji Berry: Health Promoting Properties; MDPI