

# Health Benefits Of *Blackberries* For Babies



Facilitates a healthy digestive system



Improves the skin health



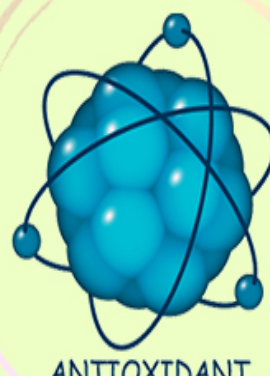
Regulates bowel movements



Contributes to proper bone growth



Promotes immunity



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Provides several beneficial antioxidants

## References:

- 1 Blackberry Fruit: Nutrition Facts and Health Benefits; Virginia State University
- 2 The Small Yet Powerful Blackberry: Why You Should Eat Some Today; Cleveland Clinic