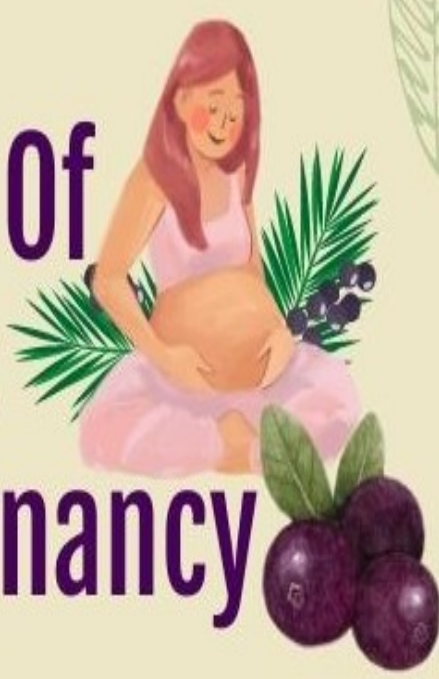


# Advantages Of Acai Berries During Pregnancy



Reduces blood cholesterol levels and blood pressure

Protects against stroke and heart ailments



High calcium levels promote bone health

Antioxidant properties detoxify the stomach and kidneys



Prevents digestive ailments such as constipation and diarrhea

Helps combat fatigue by boosting stamina



Protects infections in the unborn baby

#### References:

1. Acai Berry – Health Benefits, Dosage, Safety, Side Effects; Association of Reproductive Health Professionals
2. The 12 Proven Benefits of Acai Berry; Care Education And Research