

How DURIAN Benefits Pregnant Women



Durian contains sucrose and fructose that keeps you energetic.

It is free of cholesterol and saturated fats.



It can help relieve constipation.

Shields your mucous membrane from toxins.



Niacin, riboflavin, and thiamin, which are essential for a healthy body, are abundant in durian.

Durian fruit is high in dietary folate necessary for neural tube growth during pregnancy.

