

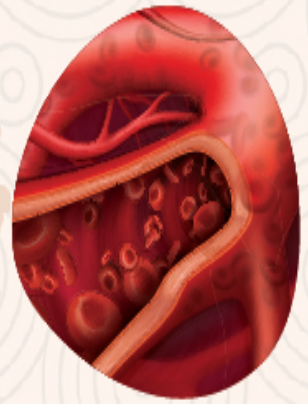
Health Benefits Of

Calamari

During Pregnancy

Copper

Boost hemoglobin levels and aids in blood circulation



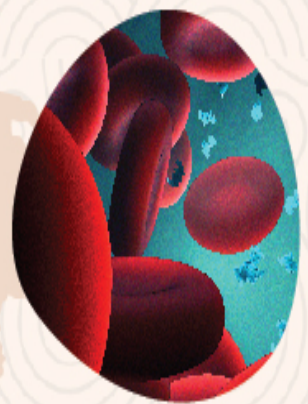
B vitamins (B2 and B12)

Help regulate metabolism and formation of the nervous system



Iron and Zinc

Help maintain hemoglobin levels and regulate enzyme production



Protein

Beneficial for fetal development and provides immunity



Selenium and phosphorus

Regulate maternal thyroid hormone and help in fetal bone formation

