



## Benefits And Precautions Of Consuming



# Saffron In Pregnancy





### Health benefits



-  Soothe pregnancy-related cramps and pains
-  Facilitate labor
-  Improve sleep
-  Relieve nausea and indigestion

### Safety advice



-  Avoid using saffron extract
-  Do not consume saffron during the first trimester
-  Keep your saffron intake between 0.5g and 2g per day
-  Use small amount of saffron when preparing saffron milk and other dishes

