

Health Benefits Of Eel For Nursing Moms



Fulfills
protein needs



Improves
muscle tone



Provides
vitamin B12



Supports
bone health



Increases
energy levels



Protects
heart health

References

1. Free Amino Acids and Biogenic Amines in Canned European Eels: Influence of Processing Step, Filling Medium and Storage Time; NCBI
2. Effect of (Asu1,7)-eel calcitonin on the prevention of osteoporosis induced by combination of immobilization and ovariectomy in the rat; NCBI