



HEALTH BENEFITS OF Prune Juice IN NURSING MOMS



Relieves chronic constipation

Helps minimize cholesterol levels



Controls appetite

Protects bone strength



Great for liver

References:

1. Prunes vs. Psyllium for Reducing Constipation; Canadian Society of Intestinal Research
2. Mechanisms underlying the cholesterol-lowering properties of soluble dietary fibre polysaccharides; NCBI
3. Type of snack influences satiety responses in adult women; NCBI
4. Dried Plums, Prunes and Bone Health: A Comprehensive Review; NCBI
5. Report: prunes and liver function: a clinical trial; NCBI