

Rich non-dairy source of calcium for healthy bones





Rich source of vitamin E and essential minerals

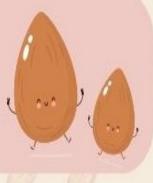
Has anti-inflammatory effects





Support the growth of gut microbiota

Healthy source of energy





May help improve the milk supply

## References

1.Top 10 superfoods for breastfeeding moms; Sanford Health2.Selection and Use of Galactagogues; La Leche League3.Health benefits of almonds beyond cholesterol reduction; NCBI



Source: https://www.momjunction.com/articles/almonds-while-breastfeeding\_00366327/