

# What Are The Benefits Of



## *Custard Apples*

## During Pregnancy?

Contain vitamins A, B6, and C, essential for fetal development.



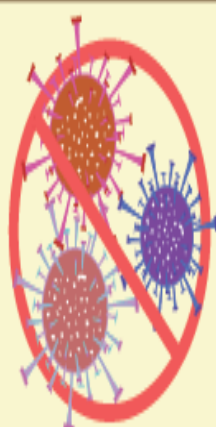
A rich source of energy.

Contain copper, which is necessary during pregnancy.



Have high fiber content to help with digestion.

Have antioxidants to fight free radical damage.



Have medicinal properties and may help with diarrhea and dysentery.