## 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

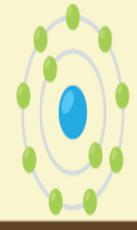


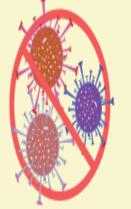
## during pregnancy.



## 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.



Source: https://www.momjunction.com/articles/health-benefits-of-eating-custard-appleduring-pregnancy\_0083650/