

Aloe Vera During Pregnancy:

Benefits vs Risks



Benefits

- Rich in essential vitamins and minerals
- Soothes the gut and mitigates morning sickness during early pregnancy
- Promotes healthy blood circulation
- Eases bowel movements

Risks

- Increases the risks of uterine contractions
- Overconsumption increases the risks of constipation
- Might lead to weakness in muscles
- Might cause an allergic reaction in those who are sensitive to plants of the Liliaceae family