

Health Advantages Of Sunflower Seeds



Contains a wide range of essential nutrients for a healthy pregnancy

Vitamin E and antioxidant content helps in cell protection



Phosphorus and calcium support bone health

Phytochemicals have immunity-boosting properties



Potassium regulates sodium balance in the body

Iron and folate are essential for fetal development



Reference:

1. Oilseed crop sunflower (*Helianthus annuus*) as a source of food: Nutritional and health benefits; NCBI