

How Do Probiotics Help During Pregnancy?



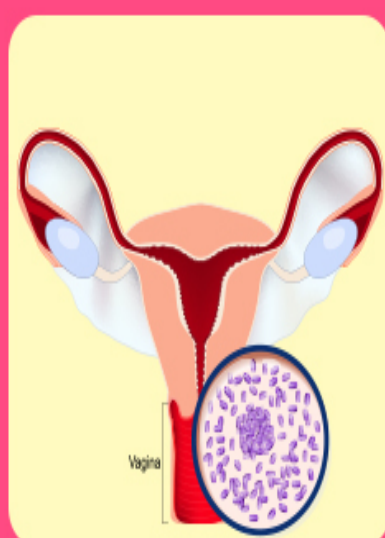
Help reduce the symptoms of nausea and vomiting (morning sickness)



Control blood sugar levels (gestational diabetes)



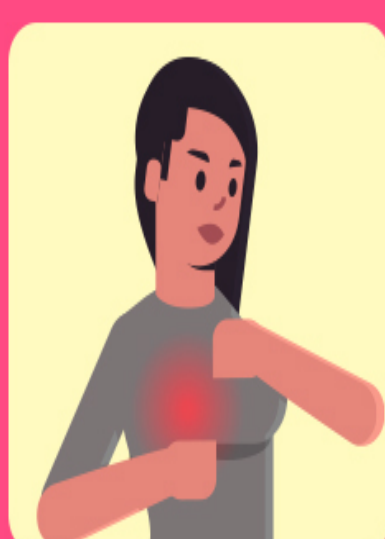
Treat blood pressure and inflammation (preeclampsia)



Inhibit the growth of harmful bacteria (bacterial vaginosis)



Help elevate mood (postpartum depression)



Improve the health status of the mammary gland (mastitis)