ingery For **Pregnant Women Benefits And** Side Effects

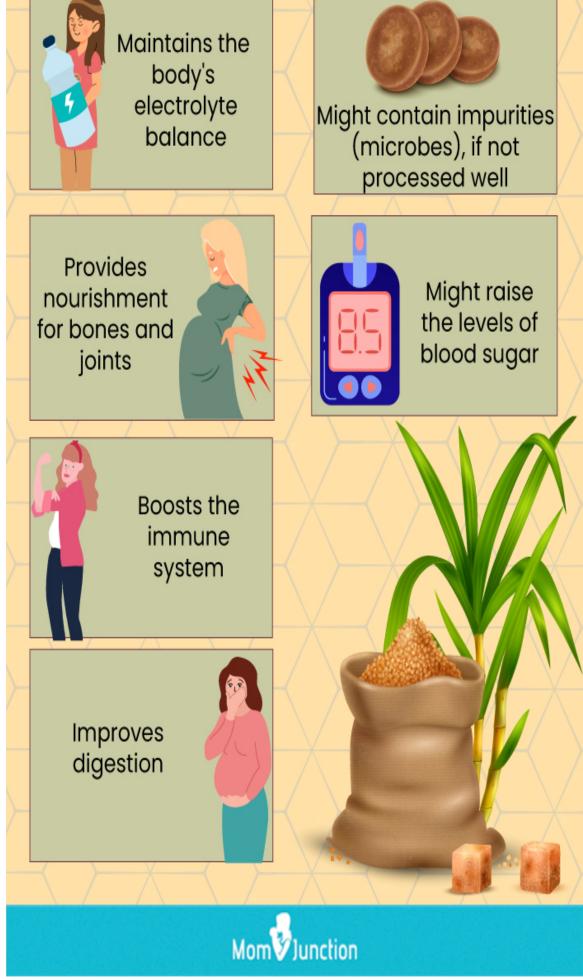
Benefits Of Having Jaggery

Possible Side Effects Of Having Too Much Jaggery

Helps prevent pregnancyinduced anemia



Might lead to unwanted weight gain



Source: https://www.momjunction.com/articles/jaggery-during-pregnancy_00376229/