

How Black Pepper Helps During Pregnancy



Source of vitamins and minerals



Black pepper offers various nutrients that are essential during pregnancy.

Helps with indigestion

Consuming pepper allows you to fight acidity, indigestion, and heartburn naturally.



Boosts metabolism

Capsaicinoids in pepper extracts help increase metabolism. High metabolism is essential for managing weight.



Helps manage cough and cold

Black pepper has antimicrobial properties. They assist in preventing infections and clearing nasal blockages.



Helps manage blood pressure

Potassium is present abundantly in pepper. It helps immensely in managing blood pressure during pregnancy.



Works as an antidepressant

Black pepper has piperine. It is found to impart therapeutic effects. It works naturally to help you beat pregnancy mood swings.



References:

- 1 Antibacterial mechanism and activities of black pepper chloroform extract; NCBI
- 2 Capsaicinoids supplementation decreases percent body fat and fat mass: adjustment using covariates in a post hoc analysis; NCBI
- 3 Piperine–A Major Principle of Black Pepper: A Review of Its Bioactivity and Studies; MDPI