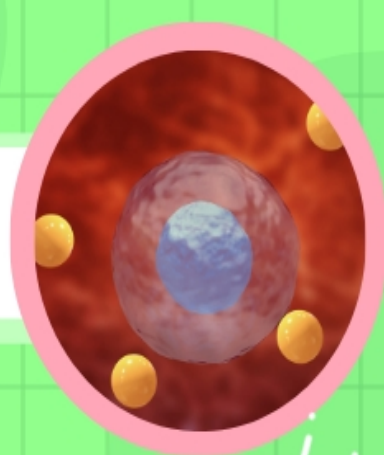


Possible Health Advantages Of Cloves During PREGNANCY



Antioxidants help fight
cell damage



Dietary fiber aids in
proper digestion



Carbohydrates provide
ample energy



Minerals such as magnesium,
phosphorus, and potassium
facilitate fetal growth



Calcium and phosphorus
support bone development



Anti-inflammatory chemicals
help alleviate pains and
combat infections



References:

1. Clove Whole Organic Spices; USDA
2. Clove, Overview of Potential Health Benefits; LWW
3. Clove; NIH