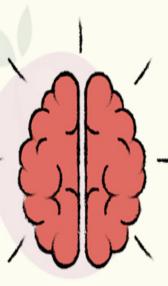






Helps alleviate the symptoms of constipation

Improves the functioning of the brain





Reduces inflammation

Rich source of antioxidants





Reduces the chances of free radical damage

Possesses beneficial anti-allergic and antimicrobial properties





Source: https://www.momjunction.com/articles/plum-recipes-for-your-baby_00332892/