

Health Benefits of *Soy Milk* In *Pregnancy*



Aids the growth of the fetal nervous system



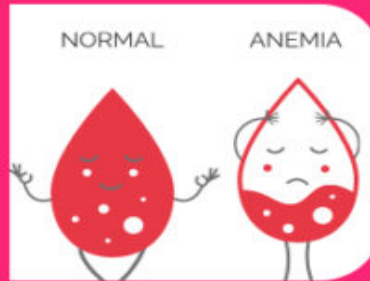
Prevents hot flashes and energizes the adapting body

Ensures healthy fetal organ development



Ensures skin, muscle and bone health

Regulates hemoglobin production



Enhances immune and nervous system functioning

Reduces the risk of heart diseases, cancers, and stroke



Regulates rectal and bowel functioning

References:

1. Nutrition in Pregnancy: The Basics; Massachusetts General Hospital
2. Soy and Health Update: Evaluation of the Clinical and Epidemiologic Literature; NCBI
3. Plant-Based Milks: Soy; University of Florida