

Maintains good digestive health

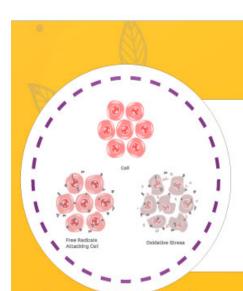




Treats postpartum depression, thus improving mental health

Alleviates inflammations and provides symptomatic relief





Reduces oxidative stress

Regulates cholesterol levels



MomVJunction

Source: https://www.momjunction.com/articles/turmeric-while-breastfeeding_00369584/