

# Merits Of Pear

## In Your Pregnancy Diet



Helps prevent  
infectious diseases

Helps alleviate signs  
of constipation



Helps with the  
proper functioning  
of the heart

Acts as a natural  
antidepressant



Provides relief from  
signs of morning  
sickness and nausea

Helps prevent  
chances of neural  
tube defects in  
the fetus

