



# Importance Of Vitamin A During Pregnancy

**For mother**

**For baby**



Helps in postpartum recovery



Helps in bone development



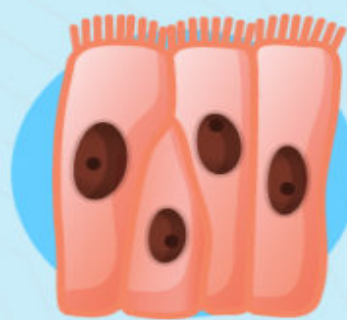
Maintains vision health



Supports fetal organ development



Boosts immunity



Helps in the development of epithelial tissues



Keeps the reproductive system functioning well



Maintains eye health

Mom  Junction

Source: [https://www.momjunction.com/articles/vitamin-a-during-pregnancy-importance-dosage\\_00818113/](https://www.momjunction.com/articles/vitamin-a-during-pregnancy-importance-dosage_00818113/)