

Possible Benefits And Risks Of Litchi During Pregnancy

Benefits

- The vitamin C content helps to boost immunity.
- Its potassium content helps regulate fluid, thus controlling heart rate and blood pressure.
- Rich in dietary fiber, it helps maintain good digestive health.
- Its phenolic compounds help to regulate weight.

Risks associated with overconsumption

- Produces internal heat that might lead to sore throat and bleeding nose.
- May cause a sudden rise in blood glucose levels.
- May lower blood pressure.
- Interaction with drugs such as NSAIDs and anticoagulants may cause bleeding.