

# How Is Jaggery Beneficial For Babies?



It provides instant energy and boosts the nutritional value of traditional weaning foods.



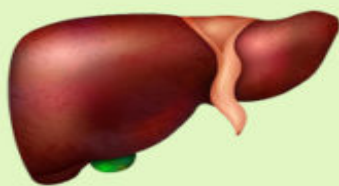
It contains minerals and trace amounts of essential vitamins that may benefit a baby's diet.



It can help supplement iron and potentially manage iron-deficiency anemia.



It is used in Ayurveda to treat various ailments and boost immunity.



It is used in alternative medicine for liver detoxification.



It is often used in traditional medicine to treat colds, coughs, and flu, as well as to cure intestinal worms and prevent constipation.