

6 HEALTH BENEFITS OF PINEAPPLE 1. Is high in Vitamin C and

Manganese.

2. Contains enzymes called bromelain that eases digestion.

3. May reduce the risk of cancer.

4. Has anti-inflammatory properties.

5. Boosts the immune system.

6. Is a good source of antioxidants, which may reduce the risk of heart disease and diabetes.

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