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6 7 Wonderful Benefits of Banana | Department of Official | X

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Wonderful Benefits of Banana



Adding a banana to your daily diet has an array of benefits in your body.

Bananas helps

- 1. loss of weight
- 2. keep your bowels healthy
- 3. provide nutrients that regulate heart rhythm
- 4. have vitamin compounds for eye health.

Bananas provide a variety of vitamins and minerals:

- Vitamin B6 - 0.5 mg.
- Manganese - 0.3 mg.
- Vitamin C - 9 mg.
- Potassium - 450 mg.
- Dietary Fibre - 3g.
- Protein - 1 g.
- Magnesium - 34 mg.

[More about bananas](#)