**Better heart health**

**Improved blood circulation**

**Stronger bones**

Cluster beans contain calcium and phosphorous, both of which help to strengthen your bones.

**Better digestion**

These beans have laxative properties that improve your digestion and regulate your bowel movements. They also flush toxins from your system and help to prevent irritable bowel syndrome

**Beneficial for diabetics**

Cluster beans have a low glycaemic index so they can safely be eaten by diabetics. They also contain glyconutrients that help control your sugar levels.

**Rich in nutrients**

Cluster beans have Vitamins A, B and K, in addition to minerals like calcium, iron, folate and potassium.

**Recommended for pregnant women**

The folic acid in these beans helps to prevent birth defects in foetuses and the Vitamin K promotes foetal development. The high nutritional content helps pregnant women make up for their nutritional deficiencies.