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Media Release

Bananas help make babies

When it comes to conception, there are plenty of old wives tales. Does cough syrup give you the extra boost? Will wild yams do the trick? Should a man who is trying to conceive a child only wear boxers?

Well, at last we can separate fact from fiction, with a recent study producing scientific evidence that higher levels of vitamin B6 may have benefits for expectant mums.

And with a large banana providing a woman with a third of her daily B6 needs – the wondrous power of a banana appears to go beyond just *making those bodies sing*.

The study, published in the American Journal of Epidemiology, was based on a test of 364 Chinese women, indicated that those who had adequate vitamin B6 had more chance of conceiving, and less chance of losing their baby in early pregnancy.

According to Alayne Ronnenberg, lead author of the study into B-vitamins and conception, “(having) sufficient levels of B6 improved the odds of conception by 40% and lowered the odds of early pregnancy loss by 30%, compared to women with low B6.”

Leading Accredited Australian Nutritionist and Accredited Practising Dietitian, Glenn Cardwell, says, “This is not the first study to find a link between a mother’s B6 levels and her pregnancy outcome.”

“Research has been carried out to determine vitamin B6 levels, and its association with conception and clinical pregnancy over many years, as the theory kept on gaining more and more substance.’

So, with one large Australian banana providing nearly a third half a woman’s daily B6 needs, we now have another reason to celebrate the nation’s most loved fruit.

Not just a natural vitamin tonic, a quick and easy source of energy, and a great source of fibre, but with baby-making booster powers added to its list of credentials, there is no surprise the banana has earned the title ‘nature’s wonder fruit.’

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