Raisins (Kismis) contains more nutrition than their small size might indicate. When grapes are dehydrated to produce raisins, the nutrients become more concentrated, making a handful of raisins a snack rich in B vitamins, iron and potassium. Besides nutrients, raisins are also a good source of carbohydrates for energy.
There are numbers of benefits of consuming raisins. Here are a list of the conditions that can be successfully relieved by consuming raisins.

- Help Against Anemia
- Prevent Cancer
- Poor Digestion
- Acidity
- Worked in Fever
- Poor Eye Health
- Low Energy
- Bad Dental Health
- Hypertension
- Cures Insomnia
- Poor Bone Health
- Sex Power
- Raisins For The Hair

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