

Almond milk is suitable for vegans and often contains calcium and vitamin D. However, it can also cause unpleasant side effects in some people.

**Inflammation.** Some brands of almond milk contain carrageenan. Studies show that its use in large quantities can cause inflammation in the digestive tract, which leads to discomfort in the stomach and not only.

**Problems with digestion.** Almond milk contains various preservatives. They are considered safe, unless they are consumed in large quantities every day. Excess carrageenan, for example, can cause stomach disorder, nausea, constipation.

**Increased risk of chronic diseases.** Ready-made almond milk is available in a sweetened and unsweetened form. A sweet version of this drink may contain a lot of sugar. It is known that an excess of added sugar increases the risk of chronic diseases, including obesity, diabetes, and heart disease.



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**Serious risks for babies.** Almond milk is considered dangerous for the health of babies and children under 12 months.

**Lack of protein.** There is very little protein in a cup of almond milk. This is due to the fact that the drink mainly consists of water.

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