

## The Saheeh International Quran Translation

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سَبِيلَ رَبِّكَ ذُلًّا <sup>ج</sup> يُخْرَجُ مِنْ بَطُونِهَا شَرَابٌ مُخْتَلِفٌ  
أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ <sup>ق</sup> فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ

Then eat from all the fruits and follow the ways of your Lord laid down

[for you]." There emerges from their bellies a drink, varying in colors,

in which there is healing for people. Indeed in that is a sign for a people

who give thought.