

The Saheeh International Quran Translation

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ فَاسْلُكِي سَبِيلَ رَبِّكِ ذُلًّا ^جيَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ
أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ ^قإِنَّ 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.