



- For Healthy Pregnancy & Fetal Development
- For Iron Deficiency Anemia
- Supports Healthy Skin
- Improves Energy Levels



**Nutro Well Plus Omega-3** is designed to provide optimal nutritional support before and during pregnancy. Each dose contains a multivitamin capsule and one soft gel of omega-3 to help support the baby's healthy vision and mental development. Additionally, it supports the immune system for the prenatal development and nutrition of the baby and the mother. It can also help boost the mother's energy levels during pregnancy. Therefore, it can help provide optimal nutrition at the crucial stage of pregnancy.

**Nutro Well Plus Omega-3** increases the amount of iron absorbed and makes more iron available to your body. Therefore, it helps with iron deficiency, Supplementation with prenatal vitamins is beneficial for the baby as it can help reduce the risk of sickness and possibly even prevent abnormalities in the developing fetus. Additionally, it also promotes rejuvenation of the skin cells and supports the skin's natural healing process.

#### SUPPLEMENT FACTS

Omega-3	450 mg	Vitamin C	60 mg	Vitamin B6	4 mg
Magnesium	150 mg	Vitamin D3	15 mcg	Vitamin B12	2 mcg
Iron	27 mg	Vitamin K	30 mcg	Biotin	150 mcg
Zinc	15 mg	Vitamin B1	3 mg	Iodine	150 mcg
Folic acid	800 mcg	Vitamin B2	3 mg	Selenium	30 mcg
Vitamin A	770 mcg	Niacin	20 mg	Copper	500 mcg
Vitamin E	20 mg	Pantothenic Acid	6 mg	Manganese	1 mg

#### DIRECTIONS FOR USE

Take 1 multivitamin capsule and 1 omega-3 soft gel daily with a full glass of water. Take it a few hours before or after taking other medications or natural health products, or as recommended by a healthcare professional.

Manufactured for:  
**Alwidad**

**Alwidad International Medical Company**  
Tripoli-Libya

+218915358989 | info.alwidad@gmail.com | www.alwidad-medical.com

