



- Unique multi-nutrient formula for breastfeeding
- Supports optimal nutrition for mom after birth



**Nutro Mom** is a specially formulated supplement with essential vitamins and minerals that has been formulated to help increase milk production and support the nutrition of breastfeeding mothers throughout the postnatal period, which improves the quality and quantity of breast milk. This targeted formula is taken to support nutrient needs after pregnancy.

**Nutro Mom** is formulated for mother and baby to support at a nutritionally demanding level. It contains optimal levels of key nutrients that meet the specific nutritional needs of breastfeeding women, like fenugreek, milk thistle, fennel, shatavari, and moringa oleifera, which contribute to the initiation and maintenance of breastfeeding.

#### SUPPLEMENT FACTS

Fenugreek Seed Powder	70 mg	Calcium	20 mg	Niacin	15 mg
Milk Thistle Seed Extract	50 mg	Iron	10 mg	Pantothenic Acid	3 mg
Fennel Seed Powder	40 mg	lutein	5 mg	Vitamin B6	4 mg
Shatavari Root Powder	20 mg	Vitamin D3	10 mcg	Vitamin B12	6 mcg
Stinging Nettle	15 mg	Vitamin E	15 mg	Folic Acid	400 mcg
Moringa Oleifera Extract	20 mg	Vitamin K	30 mcg	Iodine	150 mcg
Anise Extract	20 mg	Vitamin C	15 mg	Biotin	150 mcg
Alfalfa Extract	10 mg	Zinc	10 mg	Selenium	30 mcg
Coenzyme Q10	15 mg	Vitamin B1	2 mg	Betacarotene	2 mg
Magnesium	25 mg	Vitamin B2	2 mg	Copper	1 mg

#### DIRECTIONS FOR USE

**Take 1-2 capsules 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**

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