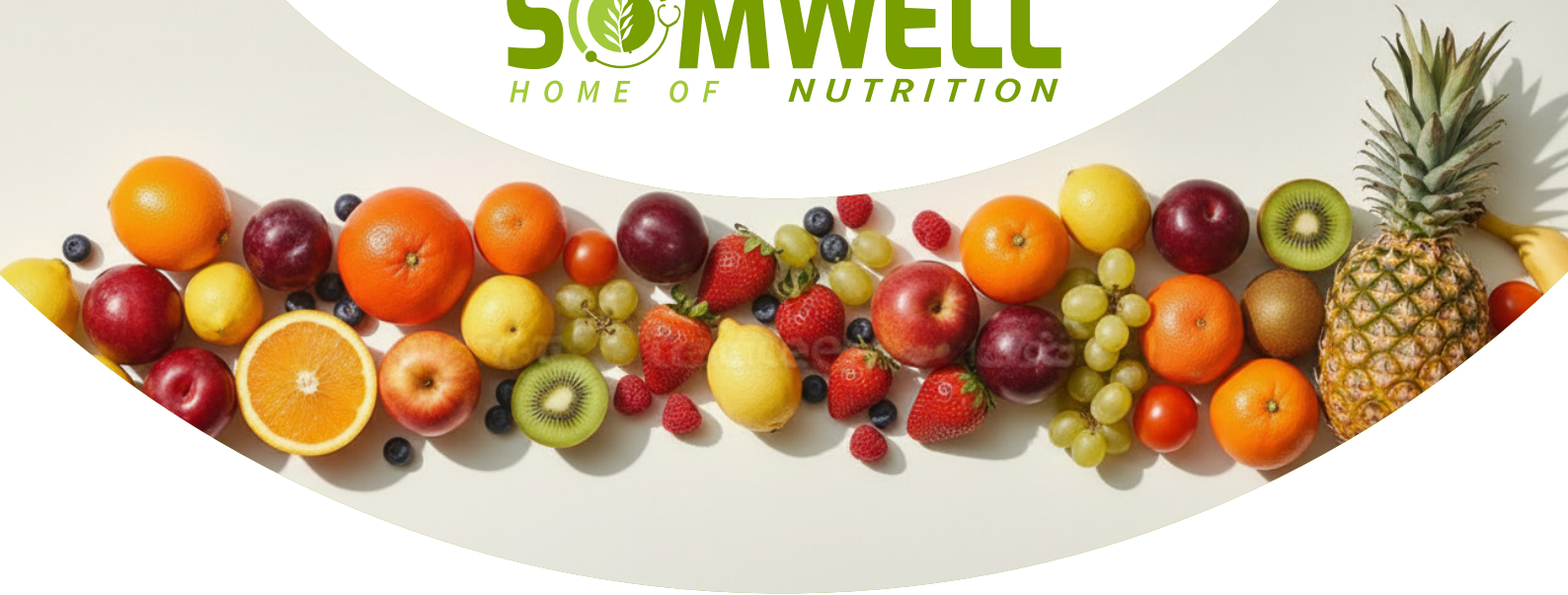




Your Guide to Health & Wellness

Holistic Health • Natural Wellness • Professional Care

TABLE OF CONTENTS

Introduction

How Somwell Works

Vitamins & Minerals

Herbal Supplements

Natural Oils

Leaves

Nuts & Superfoods

Our Services

Contact

WELCOME TO Somwell

At Somwell, we believe that many common health challenges are linked to nutrient deficiencies. In many communities, people may not receive enough essential vitamins and minerals, and routine testing is often overlooked. This can lead to fatigue, weak immunity, low energy, and other preventable health concerns.

Our mission is to educate, guide, and support individuals and families in achieving better health through proper nutrition, essential vitamins, natural herbs, and wellness services. We focus on helping people understand their body's needs and take proactive steps toward improved well-being.

How Somwell Works

The body requires essential vitamins, minerals, and nutrients to function properly. When the body lacks these nutrients, it may lead to low energy, weak immunity, poor concentration, and other health concerns.

Many people may not realize they have nutrient deficiencies because the symptoms can appear gradually. Without proper testing and balanced nutrition, these deficiencies can affect overall health and daily performance.

A Balanced Somwell Approach

- ✓ Identify nutrient needs
- ✓ Support the body with essential vitamins
- ✓ Improve nutrition and lifestyle
- ✓ Maintain long-term wellness



ESSENTIAL NUTRITION



VITAMIN A

Vision & Skin Health

Benefits

- ✓ Supports healthy vision and eye function
- ✓ Promotes clear, healthy skin
- ✓ Strengthens immune system
- ✓ Helps cell growth and repair



VITAMIN E

Skin Protection & Antioxidant Support

Benefits

- ✓ Protects skin from damage and dryness
- ✓ Supports healthy and glowing skin
- ✓ Strengthens immune system
- ✓ Helps reduce inflammation



VITAMIN B12

Energy & Nervous System Support

Benefits

- ✓ Boosts energy levels
- ✓ Supports brain and nerve function
- ✓ Helps red blood cell formation
- ✓ Reduces fatigue and tiredness

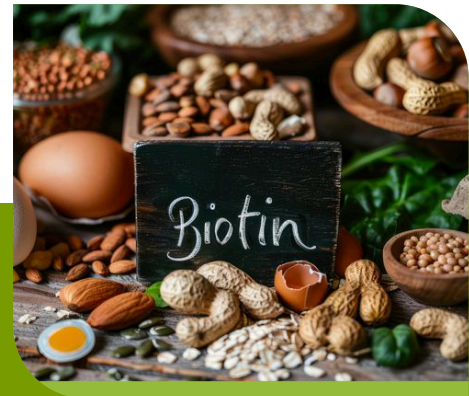


BIOTIN

Hair, Skin & Nail Support

Benefits

- ✓ Supports healthy hair growth
- ✓ Strengthens nails
- ✓ Promotes healthy skin
- ✓ Helps energy metabolism



VITAMIN C

Immunity & Skin Support

Benefits

- ✓ Strengthens immune system
- ✓ Supports collagen production for healthy skin
- ✓ Helps wound healing and tissue repair
- ✓ Improves iron absorption



COLLAGEN

Skin, Joints & Structural Support

Benefits

- ✓ Improves skin elasticity and smoothness
- ✓ Supports joint health and flexibility
- ✓ Strengthens hair and nails
- ✓ Helps maintain healthy bones and tissues



VITAMIN D

Bone Strength & Immunity Support

Benefits

- ✓ Supports strong bones and teeth
- ✓ Helps calcium absorption
- ✓ Strengthens immune system
- ✓ Supports muscle function



VITAMIN D3 + K2

Bone & Heart Health Support

Benefits

- ✓ Supports strong bones and teeth
- ✓ Helps proper calcium absorption and use
- ✓ Supports heart health
- ✓ Promotes healthy bone density



ZINC

Immunity & Healing Support

Benefits

- ✓ Strengthens immune system
- ✓ Supports wound healing
- ✓ Promotes healthy skin
- ✓ Helps reduce inflammation





**NATURAL
HEALING**

MORINGA

Superfood Nutrition & Immunity Support

Benefits

- ✓ Supports immune system and overall wellness
- ✓ Helps maintain healthy blood sugar levels
- ✓ Promotes heart health
- ✓ Boosts energy and vitality



GUM ARABIC (HASHAB)

Digestive & Gut Health Support

Benefits

- ✓ Supports healthy digestion
- ✓ Promotes gut health and balance
- ✓ Helps manage appetite and weight
- ✓ Supports healthy blood sugar levels



MACA ROOT

Energy & Hormone Balance Support

Benefits

- ✓ Boosts energy and endurance
- ✓ Supports hormone balance
- ✓ Improves mood and reduces stress
- ✓ Enhances focus and mental clarity



ASHWAGANDHA

Stress Relief & Recovery Support

Benefits

- ✓ Helps reduce stress and anxiety
- ✓ Supports better sleep quality
- ✓ Boosts energy and stamina
- ✓ Supports mental focus and clarity



SHILAJIT

Strength & Vitality Support

Benefits

- ✓ Boosts energy and stamina
- ✓ Supports physical strength and endurance
- ✓ Enhances mental clarity and focus
- ✓ Supports immune system



FRANKINCENSE (FOOX)

Inflammation & Recovery Support

Benefits

- ✓ Helps reduce inflammation
- ✓ Supports joint and mobility health
- ✓ Aids healthy digestion
- ✓ Supports immune system



MYRRH (MALMAL)

Healing & Antibacterial Support

Benefits

- ✓ Supports wound healing and skin repair
- ✓ Helps fight bacteria and infections
- ✓ Reduces inflammation and irritation
- ✓ Supports oral and gum health



SIDR (QASIL)

Skin & Hair Care Support

Benefits

- ✓ Cleanses skin and scalp naturally
- ✓ Helps strengthen hair and reduce hair fall
- ✓ Supports healthy skin and reduces irritation
- ✓ Helps reduce dandruff and scalp dryness



CARE & RESTORE



ARGAN OIL

Skin & Hair Nourishment

Benefits

- ✓ Deeply moisturizes skin and hair
- ✓ Helps reduce dryness and frizz
- ✓ Supports soft and smooth skin
- ✓ Enhances natural hair shine



JOJOBA OIL

Skin Balance & Hydration

Benefits

- ✓ Helps balance skin moisture
- ✓ Supports soft and hydrated skin
- ✓ Helps reduce acne and clogged pores
- ✓ Strengthens hair and scalp health



ALMOND OIL

Softening & Skin Care Support

Benefits

- ✓ Deeply moisturizes skin
- ✓ Helps reduce dryness and irritation
- ✓ Supports soft and smooth hair
- ✓ Improves overall skin appearance



OLIVE OIL

Deep Nourishment & Protection

Benefits

- ✓ Deeply moisturizes skin and hair
- ✓ Supports soft and smooth skin
- ✓ Helps strengthen and protect hair
- ✓ Provides antioxidant protection

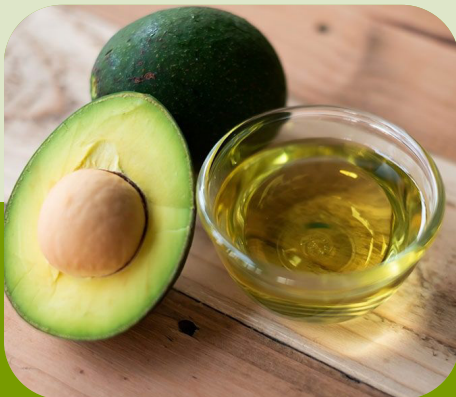


AVOCADO OIL

Deep Repair & Hydration

Benefits

- ✓ Deeply nourishes dry skin
- ✓ Helps repair damaged hair
- ✓ Supports skin elasticity and softness
- ✓ Rich in vitamins for healthy skin and hair



HEMP SEED OIL

Hydration & Skin Balance

Benefits

- ✓ Helps balance skin hydration
- ✓ Supports healthy and smooth skin
- ✓ Reduces dryness and irritation
- ✓ Nourishes hair and scalp



ROSEMARY OIL

Hair Growth & Scalp Support

Benefits

- ✓ Supports healthy hair growth
- ✓ Helps strengthen hair roots
- ✓ Improves scalp circulation
- ✓ Helps reduce hair thinning



PUMPKIN SEED OIL

Hair Strength & Scalp Support

Benefits

- ✓ Supports healthy hair growth
- ✓ Helps strengthen hair roots
- ✓ Nourishes scalp and reduces dryness
- ✓ Supports healthy skin and hair



MINT OIL

Cooling & Scalp Refresh Support

Benefits

- ✓ Provides cooling and refreshing effect
- ✓ Supports healthy scalp circulation
- ✓ Helps reduce scalp irritation
- ✓ Promotes healthy hair growth



SAGE OIL

Balance & Scalp Support

Benefits

- ✓ Supports healthy scalp balance
- ✓ Helps strengthen hair
- ✓ Reduces excess oil and buildup
- ✓ Promotes healthy skin and scalp



LAVENDER OIL

Relaxation & Skin Soothing Support

Benefits

- ✓ Promotes relaxation and calmness
- ✓ Supports better sleep quality
- ✓ Helps soothe sensitive skin
- ✓ Reduces stress and tension



CHAMOMILE OIL

Calming & Sensitive Skin Support

Benefits

- ✓ Helps soothe sensitive skin
- ✓ Reduces redness and irritation
- ✓ Promotes relaxation and calmness
- ✓ Supports gentle skin care



ROSE OIL

Skin Glow & Soothing Support

Benefits

- ✓ Helps improve skin glow and softness
- ✓ Supports smooth and healthy skin
- ✓ Helps reduce redness and irritation
- ✓ Promotes relaxation and calmness



SESAME OIL

Protection & Nourishing Support

Benefits

- ✓ Helps nourish and moisturize skin
- ✓ Supports strong and healthy hair
- ✓ Provides gentle skin protection
- ✓ Helps maintain soft and smooth skin





NATURAL REMEDIES

GREEN TEA

Antioxidant & Energy Support

Benefits

- ✓ Rich in antioxidants for overall wellness
- ✓ Supports metabolism and energy levels
- ✓ Promotes heart health
- ✓ Improves focus and mental clarity



OREGANO

Immune & Antibacterial Support

Benefits

- ✓ Supports immune system
- ✓ Helps fight bacteria and infections
- ✓ Rich in antioxidants
- ✓ Promotes healthy digestion

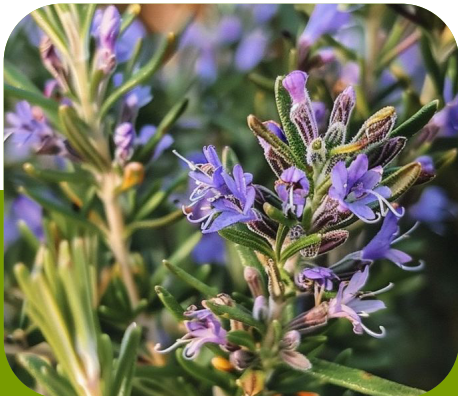


ROSEMARY LEAVES

Memory & Circulation Support

Benefits

- ✓ Supports memory and mental clarity
- ✓ Improves blood circulation
- ✓ Helps strengthen hair
- ✓ Promotes overall wellness



SAGE LEAVES

Memory & Digestive Support

Benefits

- ✓ Supports memory and mental clarity
- ✓ Helps improve digestion
- ✓ Reduces inflammation
- ✓ Promotes overall wellness



BAY LEAF

Digestive & Metabolism Support

Benefits

- ✓ Supports healthy digestion
- ✓ Helps reduce bloating and discomfort
- ✓ Promotes balanced metabolism
- ✓ Supports overall wellness



A top-down view of a variety of healthy food items and fitness equipment arranged around a central chalkboard. The items include two black dumbbells, a shaker cup with brown liquid, fresh green herbs, a halved orange, a piece of salmon, three brown eggs, a piece of raw meat, almonds, a bowl of mixed berries, a slice of grapefruit, an avocado, cherry tomatoes, cucumber slices, carrots, bananas, and several small bowls of nuts and seeds. The chalkboard is a dark grey rectangle with a light brown wooden frame, positioned in the center of the composition.

FUEL YOUR BODY

ALMONDS

Heart & Skin Support

Benefits

- ✓ Supports heart health
- ✓ Promotes healthy and glowing skin
- ✓ Helps maintain steady energy levels
- ✓ Supports strong bones and overall wellness



CASHEWS

Energy & Bone Support

Benefits

- ✓ Supports steady energy levels
- ✓ Helps maintain strong bones
- ✓ Supports heart health
- ✓ Promotes overall body wellness



WALNUTS

Brain & Heart Support

Benefits

- ✓ Supports brain health and memory
- ✓ Promotes heart health
- ✓ Helps reduce inflammation
- ✓ Provides essential nutrients for daily energy



PISTACHIOS

Heart & Eye Health Support

Benefits

- ✓ Supports heart health
- ✓ Promotes healthy vision
- ✓ Helps manage cholesterol levels
- ✓ Provides balanced energy



BRAZIL NUTS

Mineral & Immune Support

Benefits

- ✓ Supports immune system
- ✓ Rich in essential minerals
- ✓ Promotes overall wellness
- ✓ Helps protect cells with antioxidants



PUMPKIN SEEDS

Mineral & Recovery Support

Benefits

- ✓ Supports immune system
- ✓ Promotes heart health
- ✓ Helps improve sleep quality
- ✓ Provides essential minerals for energy



RAISINS

Natural Energy & Blood Support

Benefits

- ✓ Provides quick natural energy
- ✓ Supports healthy blood levels
- ✓ Helps improve digestion
- ✓ Rich in antioxidants for overall wellness



CRANBERRIES

Urinary & Immune Support

Benefits

- ✓ Supports urinary tract health
- ✓ Boosts immune system
- ✓ Rich in antioxidants
- ✓ Promotes heart health



OUR SERVICES



VITAMIN & MINERAL TESTING

Benefits

- ✓ Identifies vitamin and mineral deficiencies
- ✓ Supports personalized health planning
- ✓ Helps improve energy and immunity
- ✓ Promotes balanced nutrition and wellness

When you may need testing

- ✓ Fatigue or low energy
- ✓ Weak immunity
- ✓ Hair or skin concerns
- ✓ Nutritional imbalance





FREE MEDICAL CONSULTATION

Benefits

- ✓ Get professional health guidance
- ✓ Receive personalized wellness advice
- ✓ Understand your nutritional needs
- ✓ Support informed health decisions

When you may need consultation

- ✓ Unclear health concerns
- ✓ Low energy or fatigue
- ✓ Questions about vitamins or supplements
- ✓ Planning a wellness routine

NUTRITION SERVICES

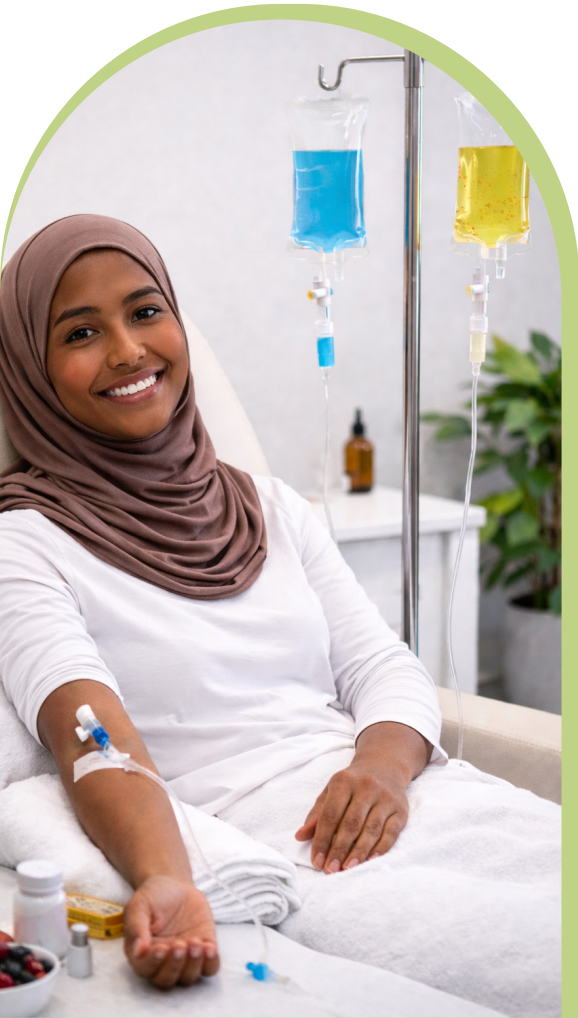
Benefits

- ✓ Supports balanced and healthy eating habits
- ✓ Helps improve energy and daily performance
- ✓ Promotes healthy weight management
- ✓ Enhances overall wellness and vitality

When you may need nutrition support

- ✓ Low energy or fatigue
- ✓ Poor eating habits
- ✓ Weight management concerns
- ✓ Nutritional imbalance





IV DRIPS THERAPY

Benefits

- ✓ Delivers nutrients directly into the bloodstream
- ✓ Supports fast hydration and recovery
- ✓ Boosts energy and vitality
- ✓ Helps strengthen immune system

When you may need IV therapy

- ✓ Fatigue or low energy
- ✓ Dehydration
- ✓ Weak immunity
- ✓ Recovery after illness or stress

GENERAL HEALTHCARE SERVICES

Benefits

- ✓ Supports overall health and wellness
- ✓ Provides basic medical care and guidance
- ✓ Helps monitor general health needs
- ✓ Promotes preventive healthcare

When you may need general healthcare

- ✓ Routine health support
- ✓ Minor health concerns
- ✓ Preventive health checkups
- ✓ Ongoing wellness guidance





WELLNESS PROGRAMS

Benefits

- ✓ Supports long-term health and wellness goals
- ✓ Provides structured wellness guidance
- ✓ Helps improve energy and lifestyle balance
- ✓ Promotes consistent healthy habits

When you may need a wellness program

- ✓ Starting a health improvement journey
- ✓ Low energy or lifestyle imbalance
- ✓ Need structured health guidance
- ✓ Long-term wellness goals

MENTAL, PHYSICAL & SPIRITUAL SUPPORT

Benefits

- ✓ Supports overall mental and emotional balance
- ✓ Helps reduce stress and improve well-being
- ✓ Promotes physical and mental relaxation
- ✓ Encourages holistic wellness

When you may need this support

- ✓ Stress or mental fatigue
- ✓ Emotional imbalance
- ✓ Low motivation or energy
- ✓ Need for overall wellness balance



FAMILY & COMMUNITY SUPPORT

Benefits

- ✓ Promotes healthy family wellness
- ✓ Supports community health awareness
- ✓ Encourages shared healthy lifestyles
- ✓ Strengthens overall well-being

When you may need this support

- ✓ Family wellness guidance
- ✓ Community health awareness needs
- ✓ Shared lifestyle improvement
- ✓ Support for overall family well-being



TRAINING & AWARENESS PROGRAMS

Benefits

- ✓ Promotes health education and awareness
- ✓ Improves understanding of nutrition and wellness
- ✓ Encourages healthy lifestyle choices
- ✓ Supports informed health decisions

When you may need training & awareness

- ✓ Learning about healthy living
- ✓ Understanding vitamins and nutrition
- ✓ Community health education needs
- ✓ Building wellness knowledge



START YOUR WELLNESS JOURNEY Today

— GET in Touch —



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