

STICKING UP FOR BREASTFEEDING MOTHERS SINCE SEPTEMBER 2012



REVIEW OF FAIRHAVEN HEALTH'S NURSING BLEND

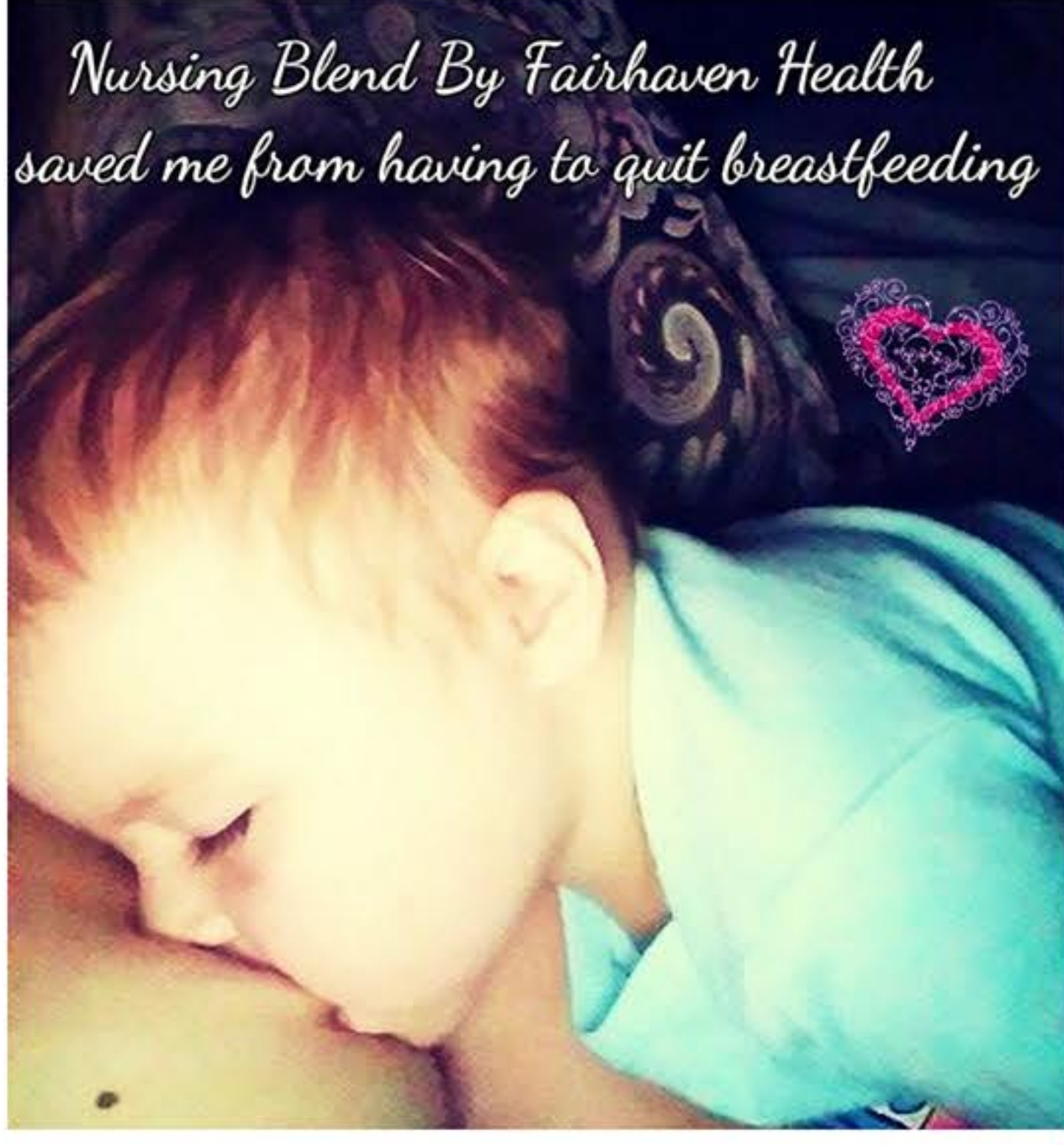


When I started taking nursing blend I was pumping around 6 ounces. After taking nursing blend for one day I started to notice a difference. After a few days of taking nursing blend, I noticed my supply had went up by three ounces! So I was pumping 9-10 ounces at a time. I did notice if I drank lots if water with it, it helped a little more. The smell and taste of the pills are a nice, mix of vanilla and oatmeal. They are not hard to take at all. One of my friends was having trouble with her supply dropping so I gave her 10 pills and after a few days her supply had gotten back up to where she wanted it! This has been one of the best ways I have found to boost your supply and also know that you are putting the right nutrition into your body for your baby. I suggest these to any and every breastfeeding mommy!



Supplement Facts	
Serving Size: 3 capsules	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Vitamin A (as mixed carotenoids) 8000 IU	100%
Vitamin C (as ascorbic acid) 60mg	100%
Vitamin D3 (as cholecalciferol) 2800 IU	700%
Vitamin E (as d-alpha tocopheryl acid succinate) 30 IU	100%
Vitamin K (as phytonadione) 80 mcg	**
Thiamin (as thiamine HCl) 3.4 mg	200%
Riboflavin 4 mg	200%
Niacin (as niacinamide) 40 mg	200%
Vitamin B6 (as pyridoxine HCl) 5 mg	200%
Folic Acid 800 mcg	100%
Vitamin B12 (as 50% cyanocobalamin, 50% methylcobalamin) 16 mcg	200%
Biotin 600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate) 20mg	200%
Calcium (as calcium citrate) 40 mg	3%
Iron (as iron fumarate) 18mg	100%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium citrate) 20 mg	4%
Zinc (as zinc gluconate) 15 mg	100%
Selenium (as L-selenomethionine) 70 mcg	**
Copper (as copper sulfate) 1mg	50%
Manganese (as amino acid chelate) 2 mg	**
Chromium (as chromium picolinate) 120 mcg	**

If it wasn't for Nursing Blend I know I wouldn't still be breastfeeding my baby now. It's hard for me to maintain a well balanced diet and eat everything I should eat to make a good milk production. So These supplements were a Godsend to me because I didn't have to worry about eating perfectly to keep my milk production up.



Recommended Use: Take 3 capsules daily as a dietary supplement.

- Each bottle contains 90 capsules, a 1-month supply.
- Provides herbal support to safely and quickly increase breast milk production
- Includes a blend of whole Fenugreek seed powder and Fenugreek seed extract to provide an equivalent dose of 2 grams of Fenugreek in one daily dose.
- Designed by doctors and endorsed by leading lactation specialist, Dr. Kathleen Marinelli.
- Contains complete vitamin and mineral support designed specifically for nursing moms, including 700% Daily Value of Vitamin D and 200% Daily Value of Vitamins B1, B2, B3, B6, B12 and biotin.
- All-natural and safe - contains no artificial dyes or colors, flavors or preservatives.
- Manufactured in the U.S. in a GMP-certified facility; guaranteed quality and potency.

Nursing Blend by Fairhaven Health

