

Giveaway and Review: Fairhaven Health

Fairhaven's mission is to provide women with all-natural supplements and products to ensure optimal health for mom and baby during pregnancy and throughout nursing. Their fertility, pregnancy, and nursing solutions are cooperatively developed and formulated by a diverse panel of trusted medical experts - including doctors, ObGyns, nutritionists, and naturopaths. Noted fertility expert, Amos Grunebaum, MD, plays a pivotal role in formulating our FertilAid, FertileCM, FertiliTea, and Pregnancy Plus product lines!



Fairhaven Health distributes a wide range of products from fertility through nursing. Their pregnancy products range from Pregnancy Plus Prenatal Vitamins, Pregnancy Plus Omega-3, Tea-for-Two Pregnancy Tea, to DreamBelly Stretch Mark Cream, and beyond. Our nursing products include Nursing Blend Breastfeeding Supplement, PostNatal Breastfeeding MultiVitamin, and Nursing Time Tea, among others.

First, they sent me a Nursing Blend Breastfeeding Supplement. This comprehensive formula brings together essential vitamins and minerals to ensure proper nutrition, along with herbal ingredients to support breast milk production. It provides 100% Daily Value of most vitamins and minerals, and extra amounts of vitamins known to be especially important for lactating women, including Vitamin D and the B vitamins.

In addition to providing comprehensive vitamin and mineral support, Nursing Blend is also designed to help promote breast milk production. It includes herbal galactagogues that have been used for centuries by nursing mothers to encourage a healthy breast milk supply, including fenugreek seed and fennel seed. And, by providing a unique combination of whole fenugreek seed powder along with a concentrated fenugreek seed extract, Nursing Blend offers an equivalent dose of 2 grams of fenugreek in each daily dose. Nursing Blend also includes herbs that provide calming effects for mom and baby, including chamomile and anise.

This product works immediately. After my first use, I noticed a 1 ounce increase on my lower producing breast. Every time I take one pill, my supply increases by at two ounces. Overall, each day I experience a 6-10 ounce increase! I am exclusively pumping, and I diligently keep track how much I produce at each sitting. I recently dropped from 7 to 6 pumps a day and I was worried because I experienced a slight dip in my supply. I was still able to pump enough for my baby, but I was not pumping enough to still be able to donate. Plus, my son is going through his six month growth spurt, so he is constantly eating. Thanks to Fairhaven's Nursing Blend, I do not have to worry if I will produce enough for my baby and to donate. I have taken just Fenugreek before, and the only change I saw was that I smelled like maple syrup. This Nursing Blend is the first supplement that has ever worked for me.

