

Fairhaven Health Offers a New Product to Support Breastfeeding Moms

Fairhaven Health, a leading supplier of fertility, pregnancy and nursing products, recently released a unique Fenugreek supplement to help encourage plentiful breast milk production for nursing mothers.

Bellingham, WA ([PRWEB](#)) January 30, 2013 -- [Fairhaven Health](#), a leading supplier of fertility, pregnancy and nursing products, supports breastfeeding as the optimal feeding choice for mom and baby, and continues to introduce products to help moms achieve their breastfeeding goals. Fairhaven Health recently introduced a unique Fenugreek formula designed to help encourage breast milk production in nursing moms.

The American Academy of Physicians recommends exclusive breastfeeding for the first six months of life. Mothers are encouraged to continue breastfeeding as solid foods are introduced into the baby's diet, for 1 year or longer as mutually desired by mother and baby. While breastfeeding is the natural way to feed infants, some moms run into difficulty producing enough breast milk, and look for products to help increase breast milk supply.

Fenugreek is a natural herb women have used for centuries as a "galactagogue" – a natural substance to increase breast milk production. Fenugreek contains diosgenin, a plant-based estrogen, and studies have shown that diosgenin helps increase milk flow in lactating women and supports breast milk production.

Other Fenugreek products on the market may require nursing mothers take as many as nine capsules per day, but Fairhaven Health's [Fenugreek](#) delivers a dose equivalent to 2,000 mg of standard Fenugreek Seed Powder in just two vegetarian capsules a day. The unique blend combines organic Fenugreek Seed Powder along with a concentrated Fenugreek Seed Powder extract (8:1). The all-natural product contains no yeast, wheat, soy, gluten, dairy, artificial flavors, preservatives or animal products, and is made in a U.S.-based, GMP-certified facility.

In most cases, nursing women see an increase in milk production within the first two to three days after beginning supplementation with [Fenugreek](#), with full effectiveness attained within 2 weeks. Once milk flow is successfully established, nursing moms may discontinue Fenugreek supplementation. However, Fenugreek is considered safe for both short-term use to boost milk supply or long-term use for helping to maintain breast milk production.

Although people have used Fenugreek as a culinary spice and herbal galactagogue for centuries, there are a few important precautions related to Fenugreek supplementation. Fenugreek can cause sweat and breast milk to smell like maple syrup; it's not recommended for pregnant women; women with allergies to peanuts should supplement with caution; it can reduce blood glucose levels, so women with diabetes should consult a physician before supplementation; and in some cases, it can aggravate asthma symptoms, so women with asthma should also consult with a physician.

About Fairhaven Health

Fairhaven Health manufactures safe, natural, doctor-designed products to promote fertility, pregnancy and nursing health. They provide ovulation prediction tools, [fertility supplements](#), prenatal vitamins and



breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



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