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Increase Breast Milk Supply with Fairhaven Health (plus Giveaway!)

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posted by [ASHLEY](#) | 39 COMMENTS



I was provided with samples to facilitate this sponsored post.

In a perfect world, I would exclusively breastfeed, on demand, all day long. While my son is exclusively *fed* breast milk, being a full-time working mom (working outside of the house), bottles and pumps are a part of life.

Like with my daughter, I found that once my maternity leave ended, my supply became dependent upon my pump schedule – every 3 hours while at the office. But with that came challenges, including a supply road bump around 5 months PP.

Thankfully road bumps don't mean dead ends. There are supplements and teas that can help boost milk supply, for which I am extremely grateful. Here at Thrifty Nifty Mommy, we are big fans of **Fairhaven Health**. Not only do they offer **products for pregnancy**, but they also offer products for nursing moms!

I was sent 3 products to help boost my supply – Nursing Blend, Nursing Tea Time and Fenugreek – along with a set of Milk Trays to store my expressed milk.

After a few weeks of testing the Nursing Blend Supplement, I found that my milk was leveling off (my supply had increased, but I needed a little more of a boost), so in lieu of the Nursing Blend, I began introducing the **Fenugreek** supplement into my daily routine (along with my prenatal vitamin).

I was shocked to find that my mid-morning expression doubled after taking just two pills. I love that you can take the supplement up to 4 times a day depending on your supply levels (sometimes I have great supply days and others I need a BIG boost).

So what is Fenugreek? It's an herb native to the Mediterranean region of the world. It contains diosgenin, a plant-based estrogen, which has been shown to increase milk flow in lactating women to help support breast milk production. While Fenugreek can cause sweat and breast milk to smell like maple syrup, I'm lucky that I have not experienced this while taking Fenugreek!

Buy It: **Fenugreek \$14.99** (14 – 30 day supply) {Buy more and save!}



Meet Ashley

Ashley has written 4 post in this blog.
Ashley is married to her high school sweetheart and together they have two children (a newborn and toddler). She loves all things fashion and enjoys traveling with her husband. She also blogs over at Spit Up is the New Black full-time.

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