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

2
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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.

Fairhaven advised that of these three products, I first try the **Nursing Blend** supplement, an all-natural blend of herbs that give breast milk a boost while providing calming effects for mom and baby. 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, so this can be taken in lieu of a prenatal vitamin.

The supplement comes in pill form with instructions to be taken three times per day.



Each bottle contains 90 capsules, a 1-month supply, meaning that I had to take 3 capsules per day. That was probably the hardest part about this boosting method – remembering to do this three times a day. On the days that I remembered to take all three, I saw a steady increase in my supply (4 – 5 extra ounces). On the days that I only remembered to take 1, I saw a slight increase (1 – 2 extra ounces). I also noticed that when I took a capsule at least an hour before I pumped, my letdown was quicker. Besides seeing an increase in my supply, what I love most about this product is that it's manufactured in the US and contains no dairy (important if your baby has a dairy intolerance).

Buy It: Nursing Blend \$19.95 (30 day supply)



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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