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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.



I added the natural **Nursing Time Tea** to my diet and I have to admit, I am NOT a tea drinker. However, with the addition of some honey, I have thoroughly enjoyed the taste of this tea (like REALLY!). But my favorite part about drinking this tea once or twice a day is how it's affected my milk supply. It's given it a nice boost for the next session following. Plus, the herbal ingredients in this tea have been shown to bring quick relief to "gassy" babies (my son has a daily intolerance, so this was an added bonus!).



Each bag contains a 1 month supply of loose-leaf tea (2 – 3 cups per day). Fairhaven uses loose-leaf tea for maximum freshness, flavor and, nutritional support. I prefer loose tea, as it tastes fresher and can be prepared in a teapot.

Buy It: **Nursing Time Tea \$16.95** (1 month 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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