



Must have Breastfeeding Products from Fair Haven Health

April 27, 2017 by [danielle](#) | [leave a comment](#)

Disclosure- We received the below in order to facilitate this review. All opinions are our own and honest.



Breastfeeding can be tough at times, but very rewarding. With these great products from from the Milkies line from [Fair Haven Health](#), providing Breastmilk should be no problem what so ever.

About Milkies (Fairhaven Health):

The mission at Fairhaven Health is to develop products designed to safely and naturally promote fertility, pregnancy wellness, and breastfeeding success. And for years now they've been achieving that important goal. From preconception through pregnancy and nursing, Fairhaven Health is there – *every step of the way* – to provide clinically-proven products to help you along your journey to parenthood. As a trusted leader in the field of reproductive health, their products are cooperatively developed and formulated by a diverse panel of medical experts – including doctors, ObGyns, nutritionists, and naturopaths. Noted fertility expert Amos Grunebaum, MD, plays a pivotal role in formulating their FertilAid, FertileCM, FertilTea, and Pregnancy Plus product lines.

About [Nursing Blend Breastfeeding Supplement](#):

Nursing Blend is an all-natural dietary supplement that contains a blend of herbs that have been used for centuries by nursing mothers when a boost in breast milk supply is needed, including fenugreek 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.

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The Nursing Blend is the only dietary supplement that combines herbal support for breast milk production with the vitamin and mineral support that nursing moms need to produce quality breast milk. Nursing Blend was scientifically-designed by doctors and nutritionists to specifically meet the nutritional needs of nursing mothers and their babies and to aid in milk production. In addition, Nursing Blend is endorsed by leading lactation specialist and MD, Dr. Kathleen Marinelli.

My Thoughts:

WOW, I absolutely love this amazing vitamin. I made it to the 7 month mark before I started noticing I wasn't pumping near as much as I was pumping originally. I only had about 3 more months to go with pumping before I was off for the summer and wouldn't need to pump anymore. I was very impressed with how it helped me maintain my supply as well as gave me the subtle boost that I was needing. I also liked that the vitamins truly made me feel better than the vitamins that I was taking before. I would highly recommend these amazing vitamins to anyone that is looking for a good boost and to maintain the supply that they already have.

About Fenugreek Dietary Supplement:

Fenugreek is an annual herb native to the Mediterranean region of the world. Fenugreek is used throughout the world as a culinary spice and has been used by women for centuries as a "galactagogue" – a natural product to increase production of breast milk. Fenugreek contains diosgenin, a plant-based estrogen, which has been shown to increase milk flow in lactating women to help support breast milk production.

Unlike other available Fenugreek supplements which can require taking up to 8 capsules per day, Fairhaven Health's Fenugreek contains a unique blend of organic Fenugreek Seed Powder, along with a concentrated Fenugreek Seed Powder, delivering a dose equivalent to 2000mg of standard fenugreek seed powder in just 2 vegetarian capsules each day.

My Thoughts:

Since I have been taking the vitamin that already has the Fenugreek in it, I don't take these on a daily basis, just on days that I notice that I have dipped a bit for various reasons. I am really impressed with this vitamin compared to other Fenugreek that I have taken in the past. This is a great vitamin to use and I know that it will benefit others just as it has benefited myself.



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About Nursing Time Tea:

Nursing Time Tea is the all-natural herbal tonic designed to help nursing mothers increase their milk flow and soothe digestive unease of both mother and baby. Nursing can be problematic for many women, particularly in the beginning, and the herbal ingredients in Nursing Time Tea have been used for centuries to promote healthy lactation and bring quick relief to both mothers and colicky or "gassy" newborns.

Nursing Time Tea brings together a select array of safe and proven ingredients to aid nursing in three key ways: enhancing the quantity and quality of available milk; alleviating digestive complaints, including gas, indigestion and colic; and providing a rich spectrum of nutritive vitamins and minerals central to robust and healthy nursing.

My Thoughts:

I have really enjoyed this Tea a great deal. Through the cold months and when I was trying to get back to what I was producing I found it incredibly effective at it's job. It tastes great, and I get to use my favorite tea mug since it is a loose tea.

Purchase:

If you are interested in purchasing one of these amazing products or checking out all the other amazing products from Milkies (Fairhaven Health), head on over to their [website](#) and find the perfect product for your stage of production!

Sharing is caring!



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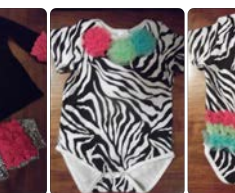
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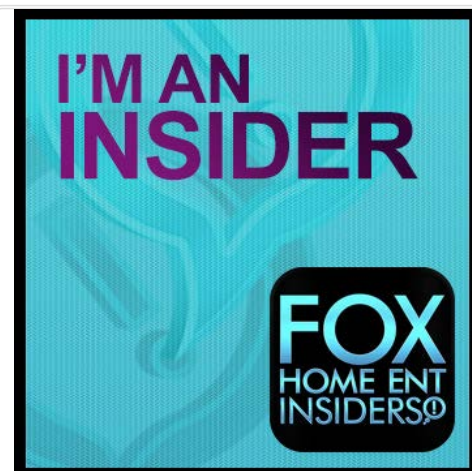
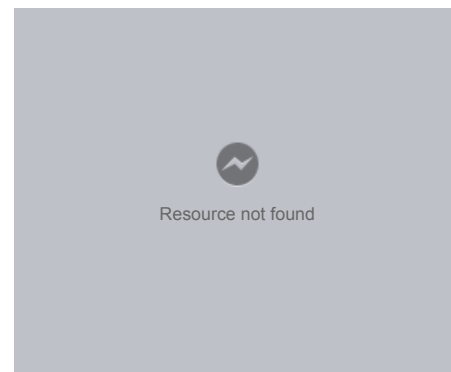


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