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Home

T u e s d a y

Review/Giveaway: Fairhaven Health Milkies Breastfeeding Aids



I want to start this review off with a little of my back story on one of the products first, I hope that sharing with you my journey could help you see the importance these products held for me in my breastfeeding journey.

I believe breastfeeding is one of the best things I can do for my little one. Even while I was still pregnant, I knew right away I would want to breastfeed with a goal of 1 year or more.

With my first child I gave up too soon, mostly because it hurt due to poor latching on my part and the lack of knowledge on items that could make it easier on me. As often happens with new moms, I just didn't have anyone to tell me what was available to help me out.

During this pregnancy, I received a collection of products for review from Fairhaven Health, and prepared for our daughter's birth by educating myself on how these products could help me make this time a more successful breastfeeding experience.



Milkies NursingBlend breastfeeding supplement.

I took these for one month, which is one bottle's supply. In each bottle there are 90 capsules and you are to take 3 a day. I started taking these when she was 2 months old, as in the beginning I followed my doctor's advice and only took the pain meds and prenatal vitamins. Once cleared to take other supplements, I started these.

On the bottle it states that it is designed to improve the Breast Milk Quality and Production. It claims to have a formulated specifically for breastfeeding mothers to encourage plentiful nutrient-rich milk production.

I want to make it very clear my views on this.

Breastfeeding is an amazing thing that is wonderful for your child. But there are some women that cannot produce milk, or make a lower volume of milk than others. And there are different reasons as to why this is happening.

A supplement may or may not help, but you have to do what is best for you. So please do not take this review as a guarantee that Milkies Nursing Blend will increase your milk production, and ALWAYS seek the advice and guidance of your local CLC or doctor.



Now with that being said, again I took this product after 2 months of her being born and I cannot say that if it improved my milk or increased the volume. During the time I took this supplement, it did improve my energy and for that I say it was more like getting the needed vitamins for me to be able to get through the day. There was no negative result, but I had no noticeable change in my own milk production.

Over the month I have been taking them, I have been trying to figure out what they smell like and it's not unpleasant like my prenatal so in that it's a plus.

For the people that have tried different herbal galactagogues (foods or supplements meant to promote or increase breast milk flow) such as Fenugreek, this product has that in it has well. Again I cannot confirm that it will improve your milk production but if you have used Fenugreek, and are looking for other ways to consume you could try this product.