I was lucky enough to be able to sample fertility supplements from Fairhaven Health. The products I tried were Ovulation and Fertility. My husband was also given a 2 month supply of Fertility for men.

Due to ovarian cysts I have trouble with regularly ovulating and after one month of taking the products I got my first positive ovulation test in quite some time – the ovulation tests were also supplied by Fairhaven Health. The instructions on the tests were easy to follow and clear, labeling is provided to be able to interpret your result.

The vitamins were extremely easy to take. I was a little worried at first because I have trouble swallowing pills and capsules, but hadn’t had issues with those at all, there was no aftertaste either and extremely gentle on the stomach. My husband was also impressed by the lack of taste. The capsules are really smooth so there is no weird texture within the mouth as you take them. Instructions are also simple and clear.

The Ovulation is wheat, gluten, yeast, soy and dairy free. They are also free of artificial products, artificial colors and preservatives. The Fertility for men is dairy and gluten free with no artificial colors and preservatives. These factors were important to our family and lifestyle.

During the second month of taking these I received my second positive ovulation test. It has been a number of years before I have ovulated 2 months in a row and strongly believe it is because of these products.

The capsules are very easy to remember to take as the dosages are divided up throughout the day and taken with meals so every time we had a meal (breakfast, lunch and dinner) it was time to take our supplements.

As someone who works in the pregnancy and birthing industry including those struggling with fertility, I will continue recommending Fairhaven Health’s Fertility products to friends, family, clients and anyone who will listen.

Thanks to Fairhaven Health we are now expecting a baby! I also have problems with recurring miscarriages due to a condition called Alzheimers Syndrome; the ovulation test increases the quality of the egg reducing the risk of miscarriage and so far we are further along that we have been for the majority of our next round.