

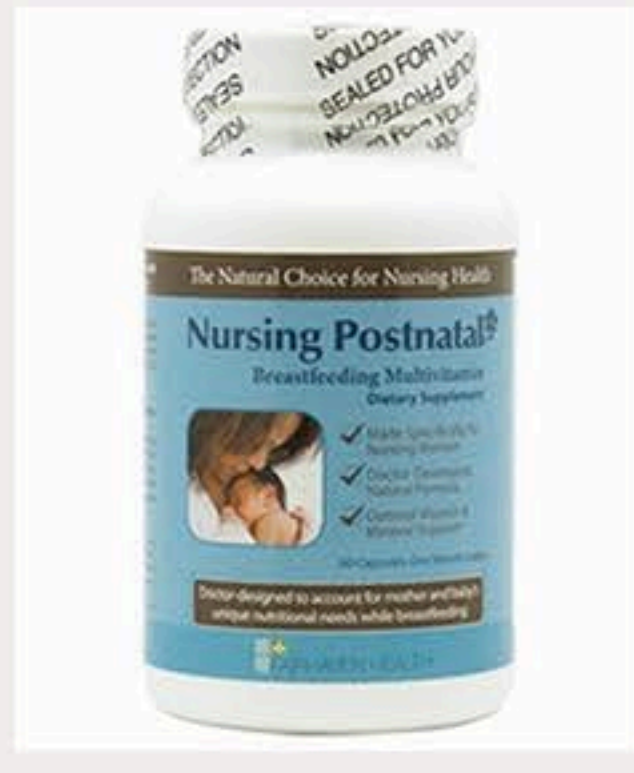


STICKING UP FOR BREASTFEEDING MOTHERS SINCE SEPTEMBER 2012

FAIRHAVEN HEALTH'S NURSING POSTNATAL VITAMIN

Reviewer - Angela Reed

Written/Published - Kristy Kemp



[f](#) [t](#) [e](#) [p](#) [+](#) 26

Angela says- "Overall, I really liked my experience taking the Nursing Postnatal supplement from Fairhaven Health.. I am usually really bad about taking vitamins, but nursing my newborn, I really focused on making sure I did not forget to take these, so I knew I had the nutrients in my milk for my little one. Before taking these vitamins, I was always tired, due to lack of iron, vitamin D and who knows what else. Now, even with only getting 3-5 hours of sleep per day, I am able to function. I do not feel as run down and am able to focus on being a working mother of two. Another positive to the vitamin D levels in this supplement, I was also told by my daughters pediatric doctor, she does not need a supplement at this time.

The Nursing Postnatal supplement is both easy to swallow and is easy on my stomach, unlike other vitamin supplements I have taken in the past, including prenatals. I will have to say, I needed to take the Nursing Postnatals with a strong flavored drink to mask the overwhelming vitamin taste, but that is to be expected with vitamins.



I would recommend this to nursing moms who are not concerned with their abundance of milk supply, but more worried about the nutritional value of their milk, as I did not see a great increase in supply. My supply maintained throughout taking the vitamins, which for me was all that my baby and I needed. I am definitely going to be purchasing this product for continued use while nursing. "

Some key facts about this Nursing Postnatal vitamin-

Recommended Use: Take 2 capsules daily as a dietary supplement.

- Each bottle contains 60 capsules, a 1-month supply.
- Formulated specifically for nursing mothers.
- Designed by doctors and endorsed by leading lactation specialist, Dr. Kathleen Marinelli, MD.
- Contains a comprehensive array of vitamins and minerals, including 700% Daily Value of Vitamin D and 200% Daily Value of Vitamins B1, B2, B3, B6, B12 and biotin.
- All-natural and safe - contains no artificial dyes or colors, flavors or preservatives.
- Manufactured in the U.S. in a GMP-certified facility; guaranteed quality and potency.

Supplement Facts	
Serving Size: 2 capsules Servings Per Container: 30	
Amount Per Serving	% Daily Value
Vitamin A (as mixed carotenoids) 8000 IU	100%
Vitamin C (as ascorbic acid) 60mg	100%
Vitamin D3 (as cholecalciferol) 2800 IU	700%
Vitamin E (as d-alpha tocopheryl acid succinate) 30 IU	100%
Vitamin K (as phytonadione) 80 mcg	**
Thiamin (as thiamine HCl) 3.4 mg	200%
Riboflavin 4 mg	200%
Niacin (as niacinamide) 40 mg	200%
Vitamin B6 (as pyridoxine HCl) 5 mg	200%
Folate 800 mcg	100%
Vitamin B12 (as 50% cyanocobalamin, 50% methylcobalamin) 16 mcg	200%
Biotin 600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate) 20mg	200%
Calcium (as calcium citrate) 40 mg	3%
Iron (as iron fumarate) 18mg	100%
Iodine (as potassium iodide) 150 mcg	100%
Magnesium (as magnesium citrate) 20 mg	4%
Zinc (as zinc gluconate) 15 mg	100%
Selenium (as l-selenomethionine) 70 mcg	**
Copper (as copper sulfate) 1mg	50%
Manganese (as amino acid chelate) 2 mg	**
Chromium (as chromium picolinate) 120 mcg	**

** Daily Value not established
Daily Values based on RDAs for lactating women.

Other ingredients: Cellulose, Rice flour, Magnesium stearate, Silicon dioxide
Contains No Trans-Fats

Supplement Facts for Fairhaven Health's Nursing Postnatal Vitamin.

One bottle is \$15.95.