



### Fairhaven Health has my Pregnancy and Nursing Health Covered!

JANUARY 28, 2014 BY APRIL · 1 COMMENT

Granted, I've had my days that I've forgotten vitamins here and there. Being pregnant it's so important to take vitamins daily. It's also important to continue to take them postnatal, too. Fairhaven Health has us covered in both aspects: prenatal and postnatal. Not only that, but they have our nursing needs met, too! Courtney and I were thrilled to include them in the Winter Wonderland of Babies Event to help one lucky mama stay healthy! Fairhaven Health kindly sent us some prenatal and postnatal vitamins for review as well as their Milkies Freeze and Milk-Saver products. Fairhaven Health indeed has our pregnancy and nursing health covered...let me explain.



#### Pregnancy and Nursing Health

Fairhaven Health has such a wide range of products from TTC (trying to conceive) to postnatal. I started looking into their products when we were trying to conceive and considered their fertility monitor. Well, it turned out we had a blessing and didn't have much trouble conceiving baby A so I didn't need to use it. Now that I am pregnant the important thing is remaining healthy and remembering to take my vitamins. As I mentioned earlier, I've had days I've forgotten but it truly is so very important so I try my best to remember. Fairhaven Health's Pregnancy Plus Prenatal Vitamins is what I've been taking the past few weeks and I've really appreciated them!



Why do I appreciate them? The size, first of all! You can see I have several vitamins in the lid of the container on the right side above and there's room for more! They aren't ginormous horse pills and they are easy to swallow! They include all of what I need in a daily vitamin! More information on Pregnancy Plus from Fairhaven Health:

*This vitamin is supplying women with 100% of the Recommended Daily Allowance (RDA) of vitamins and minerals in a once-daily tablet. This complete multivitamin supplement includes key nutrients like iron, vitamin C, vitamin A (as beta-carotene), and folic acid - important in preventing birth defects. It also provides antioxidant support to cleanse the body of oxidizing free radicals and promote optimum reproductive health.*

Fairhaven Health also sent me two of their postnatal vitamins to try: their Nursing Postnatal Vitamins and their Nursing Blend Breastfeeding Supplement. I've had issues with milk supply in the past, with Addy things went better so I don't know what to expect with this little one. It's great to know that either way, supply issues or not, Fairhaven Health has my nursing health covered!

#### Fairhaven Health's Breastfeeding Help Products

Being a mama who does work outside of the home and pumps 3+ times a day to provide breastmilk for baby when I'm away, I am always looking for products that can help with my breastfeeding journey. Fairhaven Health wanted to make sure these needs were met too. They sent two of their Milkies products for review: Milkies Freeze and the Milkies Milk-Saver.



I always freeze breast milk. My "freezer stash" is sometimes difficult to manage and keep organized. The Milkies Freeze is something I can't wait to use! You slide the milk storage bag in the top (the newest) and when you take out, you remove from the bottom to ensure you are using the oldest first. How easy and amazing is that? Another issue that is hard to deal with is lost milk! We all know the value of the golden liquid and losing any is enough to make us mamas cry! The Milkies Milk-Saver is now our hero! You simply slip the Milk-Saver into your bra-cup on the non-nursing side before you breastfeed and it collects the milk that is leaked when your breast milk lets down. You can store this milk and save it for any time it's needed. Another fabulous nursing product at Fairhaven Health that I can't wait to try!

As I said, Fairhaven Health has our pregnancy and nursing health covered! They have some fabulous products and I'm so happy to have been introduced to them! Be sure you check them out for all of your TTC, pregnancy and nursing needs, too!

**Another View:** Be sure to stop by Joy of Momma Joyner and see what she thinks of Fairhaven's products too!

**Purchase:** You can purchase your own amazing products from Fairhaven Health's website! Remember, they have TTC products, pregnancy and postnatal!



The very lucky winner of the Winter Wonderland of Babies Event will receive their own HALO SleepSack! Be sure to fill out the [entry form](#) for your chance to win this amazing prize package!



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#### GREEN MAMA



Welcome to my blog! First and most important I am a mama. Our boys are 18 and 4. Our girls are 2 1/2 and 9 months. I am a breastfeeding and baby wearing mama!! I am an official Moksa Organics brand enthusiast, a Boba ambassador and a YoGetter with Stonyfield! I enjoy reading, writing, crafts, photography and family time. Thanks so much for stopping by! <3

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