

## Fairhaven Health Prenatal Care Review & Giveaway

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posted by HEATHER 136 COMMENTS



### Company Overview:

#### Fairhaven Health – Every step of the way

"Having a baby is among the most miraculous moments in life. And when it comes to preconception and pregnancy, Fairhaven Health is with you every step of the way – offering a tradition of unsurpassed product quality, service, and a compassion for each customer's unique journey to parenthood.

In the U.S., there are more than 11 million couples trying to conceive at any given time. Of those couples, many will face fertility obstacles or frustrating delays, and 1 in 5 will encounter some formal difficulty in becoming pregnant. Even young couples in the best of health have only a 15% to 20% chance of conceiving each menstrual cycle. And with couples trying to conceive later in life, many couples are likely to experience issues conceiving simply due to the fact that fertility declines as we age.

Our mission at Fairhaven Health is to develop products designed to safely and naturally promote fertility, pregnancy wellness, and breastfeeding success. And for years now, we'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, our 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 our FertilAid, FertileCM, FertilTea, and Pregnancy Plus product lines.

Most importantly, Fairhaven Health cares about product efficacy and quality. That's another way of saying we care about our customers and their special journeys. We integrate the best of both worlds, bringing together traditional Western (allopathic) medicine with clinically-supported research in herbal/homeopathic fields. All of our supplement products are based on clinically-established science and all manufacture is governed by strict GMP standards and third-party quality testing. Significantly, our FertilAid for Men product was tested in double-blind placebo-controlled study – and showed remarkable, research-advancing results in improving key male fertility parameters like sperm count and motility.

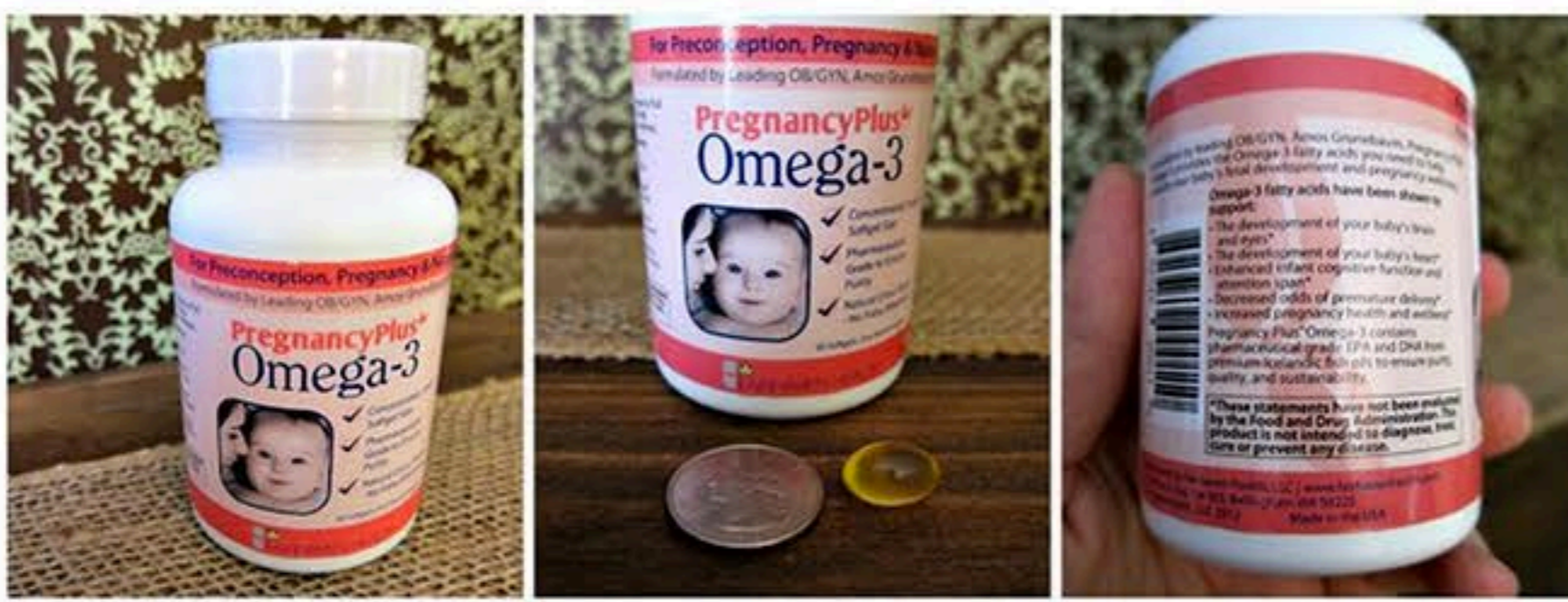
Our product lines follow the natural progression from preconception to pregnancy to nursing. Our preconception products focus on fertility awareness and ovulation prediction, helping couples learn about their fertility and anticipate when they are most likely to conceive. Our popular dietary supplements, like FertilAid & FertileCM, provide balance and support enhanced fertility for both women and men. Once couples receive the good news, products like Pregnancy Plus Prenatal, Pregnancy Plus Cal-Mag, and Pregnancy Plus Omega-3 promote the prenatal health of a developing baby and help ensure pregnancy wellness for the mother. And, we are also dedicated to helping moms reach their breastfeeding goals, and have a line of products, including Nursing Blend and Nursing Time Tea, to encourage breastfeeding success.

Located in the historic district of Bellingham, Washington, Fairhaven Health unites integrity and quality with sensible pricing – offering an unparalleled tradition of value and success to both our customers and our distributors. Our distribution partners comprise a reputable circle of health product retailers and fertility solution providers, including drugstore.com, CVS.com, walgreens.com as well as pharmacies and clinics nationwide. We also welcome small specialty retailers as well as established medical partners – from the smallest pregnancy boutiques to major fertility clinics and education centers."

When Fairhaven Health offered to send me some of their pregnancy product line (at no cost to facilitate a review) I was excited!

### PregnancyPlus Omega-3

"PregnancyPlus Omega-3 is a doctor-formulated fatty acid supplement for pregnant and nursing mothers, and can also be an excellent nutritional choice for women who are actively trying-to-conceive. Omega-3 essential fatty acids are a vital part of pregnancy wellness, fetal development, and infant health. However, studies indicate that pregnant mothers do not intake sufficient levels of Omega-3 from their diets.



### Ingredients:

- Fish Oil (Herring, Mackerel, Sardines, Anchovies)
- Capsule (Gelatin, Glycerin, Purified water)
- Natural Mixed Tocopherols
- Natural Citrus Flavor

Contains No: Yeast, Corn, Gluten, Artificial Preservatives, Colors or Flavors.

Supplement Facts	
Serving Size: 3 Softgels	Servings Per Container: 30
<b>Three Softgels Contain</b>	<b>% Daily Value</b>
Calories 20	
Calories from Fat 15	
Total Fat 1.5 grams	3%*
Saturated Fat .075 grams	<1%
Monounsaturated Fat 3 grams	↑
Polysaturated Fat 1.125 grams	↑
Vitamin E (mixed tocopherols) 15 IU	<1%
Omega-3 Fatty Acids 1004 mg	↑
DHA (Docosahexaenoic) 675 mg	↑
EPA (Eicosapentaenoic) 225 mg	↑
Other Omega-3 Fatty Acids 104 mg	↑
*Percent Daily Value is based on a 2000 calorie diet † Daily Value not established	
<b>Ingredients:</b> Fish Oil (herring, mackerel, sardines, anchovies), Capsule (gelatin, glycerin, purified water), Natural Mixed Tocopherols, Natural Citrus Flavor	
<b>Contains No:</b> Yeast, Corn, Gluten, Artificial Preservatives, Colors or Flavors.	
Store in a cool dry place.	

For fetal and infant health, the two most important Omega-3 fatty acids are EPA and DHA. EPA is important in supporting cardiac and circulatory systems; DHA is a key component of the central nervous system and promotes the development the brain and eyes. Research indicates that babies born to mothers with high levels the Omega-3 fatty acids in their systems had advanced brain development and higher attention spans well into their second year.

Because the correct dosing of supplements is critical during pregnancy, PregnancyPlus Omega-3 was developed by leading ObGyn Dr. Amos Grunebaum specifically to ensure pregnant and nursing mothers receive the optimum level of Omega-3 fatty acids for both mother and baby.

PregnancyPlus Omega 3 contains oil from small fish, including herring, mackerel, sardines, and anchovies, caught in the cold waters of Iceland using sustainable fishing practices. The EPA and DHA-rich oil is then processed in a GMP-compliant facility to remove heavy metals and pesticides, resulting in a premium quality fish oil that is pharmaceutical grade and meets or exceeds all official regulations related to environmental contaminants.

PregnancyPlus Omega 3 has a natural citrus flavor with no fishy aftertaste!

### Highlights:

- Recommended Use: Take 3 softgels daily.
- Each bottle contains 90 softgels, a 1-month supply.
- Contains Premium Icelandic Fish Oil from small fish, such as herring, mackerel, sardines and anchovies.
- Natural citrus flavor with no fishy aftertaste!
- Includes pharmaceutical grade EPA and DHA for maximum purity and quality.
- Supports healthy development of baby's brain, heart and eyes.
- Enhances infant cognitive function and attention span.
- Supports a healthier pregnancy and decreases odds of premature delivery.
- Doctor-formulated and ObGyn-approved.
- Natural – contains no artificial dyes, flavors, or preservatives.

My only dislike for this product would be that, the bottle says, "No fishy aftertaste", and I would have to disagree! Swallowing the pill, no problems at all, all I could taste was the nice citrus flavor. But for about 2hrs or so after taking them I was having fishy burps, after that they would subside. So you'd have to decide for yourself if this was a deal breaker or not. For me it wasn't, I can handle the fishy burps for a couple of hours knowing they will subside. On the other hand, I was really impressed by their standard of quality. I was reading the ingredient list and everything looked great, until I saw mackerel. I was concerned because I didn't know what type it was – depending on the origin of mackerel, some is extremely high in Mercury (not good for baby!), while others are very low. After checking with Fairhaven Health they confirmed that the type of mackerel used in their oil is Northern Atlantic mackerel. Unlike King or Spanish Mackerel, Northern Atlantic mackerel is very low in mercury, and is safe to be eaten frequently. Overall, for me, I would say this is a great product, and its ingredients and easy going down for us nauseous folk.

Fairhaven Health really puts quality first for the health and wellness of mother and baby. A great company with a great resource for your daily pregnancy and postpartum needs.

Connect: Find out more about Fairhaven Health and all of the products they sell by visiting their website. Then "like" them on Facebook and follow them on Google +, Pinterest, Twitter, and Instagram.

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