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## Fairhaven Health Prenatal Care Review & Giveaway

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NOV | 2014

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### 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 form of 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 FertiliAid, FertileCM, FertiliTea, 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 FertiliAid 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 FertiliAid & 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 Omega3 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 Prenatal Vitamin

"PregnancyPlus Prenatal was designed for trying-to-conceive, pregnant and nursing women supplying 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.

Correct dosage and quality of the ingredients in a prenatal supplement are especially important, and PregnancyPlus Prenatal was developed by leading ObGyn, Dr. Amos Grunebaum, based on his "Just Right" formula for optimal prenatal and baby health. Pregnancy Plus Prenatal is all-natural with no additives or preservatives, and guaranteed for high quality and potency.

Independent consumer research firm ConsumerLabs randomly selected PregnancyPlus Prenatal Multivitamin for their 2007 study on over-the-counter multivitamins. The prenatal multi received high marks across all label ingredient claims and quality standards, including purity and efficient absorption. Over half of the leading vitamin brands tested failed key benchmarks for ingredient content, presence of contaminants and rate of tablet dissolution. Livestrong.com also featured PregnancyPlus Prenatal and named the multivitamin the best supplement for pregnant women."



### Highlights:

- Recommended Use: Take 1 tablet daily. Each bottle contains 60 tablets, a 2-month supply.
- Based on a "Just Right" formula developed by leading fertility expert Dr. Amos Grunebaum, ObGyn.
- Guaranteed for ingredient labeling, quality and potency.
- Just 1 tablet a day provides the ideal balance of key vitamins – including Folic Acid.
- All-natural and safe – contains no artificial dyes or colors, flavors or preservatives.
- Small, easy-to-swallow tablets are perfect for sensitive stomachs.
- One bottle provides a two-month supply of 60 nutrient-filled tablets.
- Manufactured in the U.S. in a GMP-certified facility; guaranteed quality and potency.

### Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 60

Amount Per Serving	%Daily Value for Pregnant Women 19-50 years of age
Vitamin A (as beta carotene) 5000 IU	63%
Vitamin C (as ascorbic acid) 60 mg	100%
Vitamin D (as cholecalciferol) 400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate [Covitol™]) 30 IU	100%
Thiamin (as thiamine HCl) 1.7 mg	100%
Riboflavin 2.0 mg	100%
Niacin (as niacinamide) 20 mg	100%
Vitamin B6 (as pyridoxine HCl) 2.5 mg	100%
Folic Acid 800 mcg	100%
Vitamin B12 (as cyanocobalamin) 8 mcg	100%
Biotin 300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate) 10 mg	100%
Iron (as iron fumarate) 27 mg	150%
Iodine (kelp) 150 mcg	100%
Zinc (as monomethionine & gluconate) 15 mg	100%
Copper (as copper sulfate) 2 mg	100%

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, vegetable stearate, silicon dioxide, tablet coating (contains hydroxypropyl methylcellulose and polyethylene glycol), natural mint-vanilla flavor.

My 2 favorite features about their Prenatal vitamin would be –

The serving size is 1, only 1 prenatal a day! Unlike many other companies that have a serving size of 3-5 pills a day.

The size of the pill is thin and small and so easy to swallow.

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 great 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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