



STICKING UP FOR BREASTFEEDING MOTHERS SINCE SEPTEMBER 2012

Fairhaven Health's FertilAid & OvaBoost helped me Conceive

By: Nicole Michelle

[\(A Rainbow Doula\)](#)



I was lucky enough to be able to sample fertility supplements from Fairhaven Health. The products I tried were Ovaboost and Fertilaid. My husband was also given a 2 month supply of Fertilaid 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 labelling 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 had no issues with these 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 OvaBoost](#) are wheat, gluten, yeast, soy and dairy free. They are also free of animal products, artificial colors and preservatives. [The Fertilaid for men](#) is dairy and gluten free and free from artificial colors and preservatives. [The Fertilaid for women](#) is also 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 I strongly believe it is because of these products.



The capsules are very easy to remember to take as the doses are divided up throughout the day and taken with meals so every time we had a main 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 certainly be 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 Asherman's Syndrome, the ovaboost increases the quality of the egg reducing this risk of miscarriage and so far we are further along that we have been for the majority of our early losses.

