

Help ensure your unique vitamin and mineral needs are met with
Nursing Postnatal Multivitamin – ideal for both mother and baby.[†]

Nursing Postnatal was formulated by an MD and lactation expert to satisfy the unique nutritional needs of breastfeeding women. Unlike a typical prenatal vitamin, Nursing Postnatal contains higher levels of key nutrients that have been found to be important for nursing women, such as Vitamins D3, B6, B12, niacin and folic acid.

Recommended Use:

Take 2 capsules daily as a dietary supplement.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Not recommended for pregnant women.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Breastfeeding Essentials
For Moms, By Moms

Nursing Postnatal

Breastfeeding Multivitamin
Dietary Supplement

- Made Specifically for Nursing Women
- Doctor-Developed, Natural Formula
- Optimal Vitamin & Mineral Support*



FAIRHAVEN HEALTH*

60 Capsules

One Month Supply

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value†
Vitamin A (as mixed carotenoids)	2400mcg RAE	185%
Vitamin C (as ascorbic acid)	60mg	50%
Vitamin D3 (as cholecalciferol)	70mcg	487%
Vitamin E (as d-alpha tocopheryl acid succinate)	21.1mg	106%
Vitamin K (as phytonadione)	80mcg	88%
Thiamin (as thiamine HCl)	3.4mg	243%
Riboflavin	4mg	250%
Niacin (as niacinamide)	40mg	222%
Vitamin B6 (as pyridoxine HCl)	5mg	250%
Folate (as 5-Methyltetrahydrofolic Acid)	1360mcg DFE	227%
Vitamin B12 (as 50% cyanocobalamin, (50% methylcobalamin)	18mcg	571%
Biotin (as d-biotin)	600mcg	1714%
Pantothenic Acid (as d-calcium pantothenate)	20mg	286%
Calcium (as calcium citrate)	40mg	3%
Iron (as iron fumarate)	18mg	67%
Iodine (as potassium iodide)	150mcg	52%
Magnesium (as magnesium citrate)	20mg	5%
Zinc (as zinc gluconate)	15mg	115%
Selenium (as L-selenomethionine)	70mcg	100%
Copper (as copper sulfate)	1mg	77%
Manganese (as amino acid chelate)	2mg	77%
Chromium (as chromium picolinate)	120mcg	287%

† Based on daily values for pregnant and lactating women.

Other ingredients: Rice flour, vegetable capsule, magnesium stearate, silicon dioxide.

Contains no gluten, artificial colors, or artificial preservatives.

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Made in the USA of imported and domestic ingredients