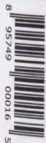


Nursing Blend offers nutritional and herbal support for healthy lactation with a full postnatal vitamin complex and a blend of herbal galactagogues including Fenugreek.

Recommended Use:

Take 3 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.

Consult a healthcare provider prior to use if you have a medical condition. Not for use during pregnancy. Store in a cool, dry place. If tamper seal is broken or missing, do not use.

* 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.

Distributed by Fairhaven Health, LLC | www.fairhavenhealth.com
1410 11th St Bellingham, WA 98225 L08 Contains no gluten, artificial colors, or artificial preservatives. Manufactured in the USA from imported and domestic ingredients



Breastfeeding Essentials
For Moms, By Moms

Nursing Blend[™] Dietary Supplement



Nutritional and Herbal Support for Healthy Lactation

90 Capsules

One Month Supply

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value [†]
Vitamin A (as beta-carotene from <i>Blakeslea trispora</i> and natural mixed carotenoids from <i>D. salina</i>)	2400mcg	185%
Vitamin C (as ascorbic acid)	60mg	50%
Vitamin D (as cholecalciferol)	70mcg (2800 IU)	467%
Vitamin E (as d-alpha tocopheryl acid succinate)	20mg	106%
Vitamin K (as phytonadione)	80mcg	89%
Thiamin (as thiamine HCl)	3.4mg	243%
Riboflavin	4.0mg	250%
Niacin (as niacinamide)	40mg	222%
Vitamin B6 (as pyridoxine HCl)	5mg	250%
Folate (as L-5-Methyltetrahydrofolate, Calcium)	1360mcg DFE	227%
Vitamin B12 (as 50% cyanocobalamin, 50% methylcobalamin)	16mcg	571%
Biotin (as d-biotin)	600mcg	1714%
Pantoic Acid (as d-calcium pantothenate)	20mg	288%
Calcium (as calcium citrate)	40mg	3%
Iron (as ferrous 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 manganese amino acid chelate)	2mg	77%
Chromium (as chromium picolinate)	120mcg	267%
Proprietary Blend	1360mg	**
Fenugreek Seed, Fenugreek Seed Extract (10:1), Fennel Seed, Coriander Seed, Anise Seed, Camomile Flower, Valerian Herb		

** Daily Value not established

[†] Daily Value for pregnant and lactating women.

Other ingredients: Vegetable capsule (hypromellose), rice flour, magnesium stearate, silicon dioxide.



FAIRHAVEN HEALTH[™]