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femMED Health Supplements for Women-Review and Giveaway

Women have special needs where nutrition is concerned, but not all supplement brands understand that. Many companies tend to think that by adding some extra iron and folic acid to a standard multivitamin, they have provided women with everything that they need nutritionally. Really, nothing could be further from the truth.

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Women are susceptible to all kinds of health and beauty issues and often, a lack of certain vitamins or minerals is to blame. From low energy to hormonal imbalances to brittle hair and nails, there are all kinds of issues women might face as a result of a vitamin deficiency. And that's why I was so excited to learn about [femMED](#), a new line of supplements specifically designed to assist women with some of the most common issues they face. I got the chance to try two of the femMED products for myself and I couldn't wait.

I chose the Weight Management and the Energy formulas to review. I've always been pretty confident about my body but in the last little while, I've started to put on a bit of weight around my middle. I haven't really put on weight for no reason since I was in high school and I had a feeling that my recent lethargy had something to do with it so I thought the Energy and Weight Management products would compliment each other well.

That being said, I am incredibly hesitant about any kind of weight management product (there are so many product on the market that compromise overall health and so many others that do nothing at all) so the first thing I did was check out the website to see exactly what kind of ingredients the femMED Weight Management contained. I was relieved and delighted to see that the formula was a blend of soluble fibres. Adequate fibre intake is one of the absolute best ways to manage weight since it increases the feeling of fullness. Fibre also helps to lower cholesterol and blood glucose levels.

The most important thing I had to remember while taking the Weight Management supplement was to drink plenty of water. The combination of fibre and water really helped me to feel full. I especially noticed a difference in my appetite mid-morning; instead of craving sugary snacks at about ten-thirty in the morning I was able to have something small like a piece of fruit and feel satisfied. I've been taking the supplements for about three weeks now and without making any other changes to my diet or exercise routine, I've lost about five pounds!



The femMED [Energy supplement](#) was a blend of ginseng, guarana, green tea extract, magnesium and other herbal extracts proven to help enhance physical and mental alertness. Since guarana is a natural source of caffeine I was a little worried about getting that jittery, irritable feeling from the supplement, but thankfully it didn't produce that effect at all! Rather than taking the Energy supplement every day, I only took it when I was feeling especially lethargic in the afternoons. After two capsules and a light snack of yoghurt or fruit, I was ready to tackle the rest of my day! The fact that the capsules were designed to provide a slow release to avoid the dreaded "caffeine high" was sensational and I really noticed a difference in my energy levels after taking the supplement.

The femMED product line also includes supplements for bone health, hearth health, libido and other common feminine issues. I love the fact that the supplements are all designed to complement one another so that they can be used together without any adverse effects. With the exception of the Energy supplement and the Sleep supplement (which obviously are not meant to be used together) the femMED products can all be combined with one another to achieve the desired results!

I was very impressed with how effective the femMED supplements I tried were and I'll definitely be trying some of the other formulations in the future. The Bone Health supplement is one that I'm especially likely to try; it seems like a great targeted solution to help prevent osteoporosis. If you've been looking for supplements designed exclusively for you as a woman, femMED is the brand you have been waiting for. Check out this amazing Canadian company for yourself and see what a big difference supplements designed for a woman can make to your day!

Buy It: To purchase [femMED supplements](#), check the website for a retailer near you or shop online now

Win It: One very lucky reader is going to win their choice of any two health supplements, a \$60 value, from femMED

To Enter (mandatory): Like the [femMED Facebook page](#) and let me know you did using the Rafflecopter form below

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