



FemMED Review

by NICOLE on AUGUST 31, 2011

in BREASTFEEDING, JUST FOR MOM, PREGNANCY, REVIEWS

Finding a high quality prenatal vitamin has been a challenge for me (I've been either pregnant or breastfeeding for the better part of the past 6 years so a good prenatal vitamin is a must). Previously, I had to travel 30 minutes to the pharmacy at my naturopathic doctor's office to buy vitamins suitable for pregnancy or nursing since I'm not a fan of the conventional once-a-day horse pills that tend to be sold at grocery stores. The experience was inconvenient to say the least. Then, this summer, I received the opportunity to put **femMED** to the test. **femMED** offers a complete line of 13 different supplements that are doctor formulated and designed to meet the health needs of women throughout the different stages of their adult lives.



My review of femMED:

I chose to test **femMed's Pregnancy + Ginger** supplement -the ginger is to help ease and prevent the nausea that can accompany pregnancy. Even though I wasn't pregnant when I tested this product, I was taking a large quantity of prescription medications that were making me nauseous. I noticed that my nausea improved within a couple days of taking this vitamin at the recommended intervals (3 capsules daily with meals). The only con was remembering to take my vitamin 3 times per day (I took one capsule with breakfast, one with lunch, and one with dinner); however, I know from my naturopath that it is much better to choose a brand of vitamin that is taken in several doses throughout the day. Also, my naturopath recommended prenatal vitamins that consist of a powder inside a capsule. **femMED** is the first multi-ingredient vitamin like this that I have been able to purchase at my local grocery store's pharmacy (note that the capsule is made of vegetable ingredients and not gelatin).



Would I purchase this product again?

Yes! Actually, I already have bought more **femMED Pregnancy + Ginger** since testing the product and plan to continue buying it regularly. **femMED** recognizes the increased needs of pregnant and breastfeeding women when it comes to essential vitamins and minerals. Their entire product line is made using the highest quality vitamins, minerals, and herbs (all with benefits supported by both research and clinical studies).

Where to buy?

I found the entire selection of **femMED** supplements at my local *Wal-Mart* and *Real Canadian Superstore*. These products can also be found at *Rexall* and *Shopper's Drug Mart*. I also saw on **femMED's twitter feed** that those of us on the west coast of Canada will be seeing **femMED** at *London Drugs* soon. Each bottle retails for \$29.95 (which is comparable to the naturopathic grade prenatal vitamins I was using before). Yes, it's more expensive than your store brand generic prenatal supplement but, in my opinion, this vitamin is much better and worth the extra cost.

Win femMED products! Click here for my giveaway post!!

DISCLOSURE: I RECEIVED PRODUCT FROM FEMMED TO ENABLE THIS REVIEW. AS ALWAYS, ALL OPINIONS ARE ENTIRELY MY OWN.



Tagged as: alternative health, FemMed, grocery shopping, healthy living, prenatal vitamin, vitamins



MUST-READ POSTS!

Win your choice of 3 bottles of femMED vitamins and supplements for women ~\$90 value! (ends Sept. 15)

Canadian-Friendly Giveaways for you to enter! (Bloggers are welcome to add any contests open to Canadians)

ABOUT MY REAL REVIEW:

My Real Review is a family-friendly Canadian product review blog. Nicole and her family put numerous items and brands to the test in their ongoing search for products and ideas that really work. The *My Real Review* team includes Nicole and Corey (a thirty-something married couple), K (our oldest son, age 5), M (our second son, age 2), and E (our new daughter, born in May 2011). [Read more about our team!](#)

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