

femMED Supplements Review and Giveaway (Canada)

Posted on September 25, 2011 by [mylittleviewcorner](#)

As I know I keep saying over...and over...and over...I will be turning 40 soon and, as a result, I've been finding myself focusing on ways to make my lifestyle more healthy. So, when I heard about [femMED](#) supplements, I wanted to learn more about them.



I discovered that femMED has developed unique supplements that are engineered specifically for women. The company was founded by Shawna Page, who said that the reasoning behind working with medical doctors, natural health care professionals, pharmacists and master herbalists was simple – *I found searching the aisles for the right products very frustrating and confusing. That, combined with the lack of options available to women, created an overwhelming desire in me to simplify things and make sense of it all.* The result was a set of 13 different products that address the needs of women, including: Bone Health; Breast Health; Sleep and Hormonal Balance among others.



I began trying the [Energy](#) supplements this month when everything began to get incredibly busy. I found that I was tired all the time (no matter how much sleep I got) and I was always sluggish. On the mornings that I felt really tired, I took femMED Energy supplements and the results were wonderful! I discovered that I had more energy and I felt more alert. I don't feel jittery due to the fact, I believe, that *Energy has been developed to release energy in a gradual and sustained manner.* I have found it to be an excellent supplement that I can use when I need it!



As I have been working to lose weight, I thought that the [Weight Management](#) supplements were a natural choice for me to try. I started taking the Weight Management supplement but kept forgetting to take them. A week ago, I started taking them regularly and according to the directions (3 capsules, twice a day with at least 8 ounces of water). I have noticed a huge difference in my appetite already! I appreciate the fact that these supplements contain both psyllium and soluble fibre because I have been working diligently to increase my intake of fibre. According to their website, Weight Management supplements are also said to *help...normalize blood sugar and cholesterol levels* which I think are also great benefits!

Overall, I've appreciated the chance to try femMED supplements. I know that I will continue to purchase these supplements and I've been looking at a number of others that I want to try! I love the fact that I've found a new product to help me live a healthier life and that it is Canadian!

Giveaway: *One reader from Canada (excluding Quebec) will win their choice of any TWO [femMED products](#) (a \$60 value).*

Remember, you *must* complete the mandatory entry in order for your extra entries to count (entries without the mandatory first entry will be discarded)!

Mandatory entry:

To enter the giveaway, visit the [femMED website](#) and tell me which TWO products you would choose if you won (1 entry).