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femMED Review & Giveaway (US & Canada)

 1 COMMENT

When it comes to supplements and vitamins, there are SO many options on the market that it's very hard to decide which one is the right one for you. For me, I always look at a few factors including price, manufacturer and mostly word-of-mouth recommendations. I would like to give you my word-of-mouth recommendation today for a brand that I trust and like- **femMED**.



femMED is Canada's first line of daily supplements that have been created exclusively for women. They offer 13 supplements made just for females and all reflect real concerns that women have. Check out their amazing line up of products:

- » **Bone Health**- Helps prevent osteoporosis
- » **Breast Health**- Promotes a healthy estrogen balance
- » **Energy**- Enhances mental and physical performance
- » **Hair, Skin & Nails**- Promotes healthy hair, skin and nails
- » **Heart Health**- Supports healthy cardiovascular function

- » **Hormonal Balance**- PMS & Pre-Menopause symptom relief
- » **Libido**- Enhances sexual desire
- » **Menopause Relief**- Menopause relief & hormonal balance
- » **Multi + Antioxidants**- To enhance overall health and well-being
- » **Pregnancy/Pregnancy + Ginger**
- » **Sleep**- Promotes sleep
- » **Weight Management**- Promotes healthy weight loss

A number of these would be good for me including the **Bone Health** (my mom suffers from osteoporosis & I would like to prevent it from happening to me), **Breast Health** (I have cysts in my breasts which always hurt around my period), **Hair, Skin & Nails** (think thin, fine hair and adult acne- yuck), **Hormonal Balance** (to battle my monthlyPMS) and **Weight Management** (I need to lose some extra pounds!). I ended up just trying the **Weight Management** because it's the one issue that bothers me the most. I used to be so thin, but after my divorce and dealing with the stress of it and my chronic pain, I added some extra weight.



femMED Weigh Management is designed to:

- » Promote healthy weight loss
- » Offer occasional relief from constipation
- » Helps to normalize blood sugar and cholesterol levels

It's vegan and gluten free and should be taken two to three times a day with a full glass of water. They stress drinking lots of water with it. Water is something I need to drink more of anyways.

I took them for a month this past summer and I lost 15 lbs. I also ate better and cut out sweets and bread and drank only water (no pop) and my coffee (my vice). I also suffer from irritable bowel syndrome (IBS) and it helped in that way too to make things more “regular”. The ingredients are mainly soluble fiber and it's much easier to take than drinking those disgusting fiber drinks. I also found I felt “full” faster. I still had my cravings though around my period but when I indulged I didn't eat as much. I ran out of these supplements and need to get more! They made a difference for me in keeping me constipation free. Sorry I don't want to get too graphic here!

