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Nov 29 12 Days of Christmas Day 8: femMED

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Alright, before you start scratching your head and wondering why I'm going to tell you about supplements in the middle of the Christmas reviews, ask yourself this: if YOU could have one thing for Christmas or all through the year, what would it be? What's the one thing most moms will universally say they want more of? Energy! Having children is exhausting! Add onto that having a significant other, a job, an extended family, exercise, an occasional social outing, and the Holiday season with all of it's commitments and requirements and I bet you're already wishing you could curl up on the couch for a nap. I know, I've been there! My morning cup of tea gradually turned into my morning pot of tea, then the afternoon tea was added. When the tea turned into coffee I knew I needed a better solution.

femMED is a brilliant Canadian company that has created solutions for women – natural solutions that work. A team of medical doctors, naturopaths and health professionals have created 13 formulations for issues women have such as bone and breast health, libido, pregnancy, sleep, weight management, and energy. Most of their formulations are complimentary and can be taken in combination with each other, so you don't have to stress about which issue you'd like to address the most. Their products do not contain dairy, egg, gluten, or artificial colours and flavours, most are suitable for vegetarians and vegans, and they are also not full of fillers and additives like most vitamins and supplements for women.

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I received a bottle of Energy to test out. After a particularly late night, I took two in the morning with breakfast and skipped my caffeine altogether. I expected to crash by 10am, but it didn't happen. By dinner time, it occurred to me that I was still alert and going. I survived the kids' bedtime and felt just fine right through the evening. Must be a fluke, right? The next day was the same. And the next. And the next. Suddenly, I find myself blowing through my to-do lists. I sip tea for fun, not survival. I play with my kids in the afternoon instead of begging them for quiet time. After a very exhausting October, I am finally able to pull myself together and work out almost every day. And unlike caffeine, if I decide I don't need them one day, I skip them and feel no side effects. Magic in a bottle!

Check out femMED's website to get all the information on their entire line <http://femmed.com/> and to buy their fantastic products. Follow them on Facebook: <http://www.facebook.com/pages/femmed/134350068> Twitter: <http://twitter.com/#!/femmed>

Who couldn't use a little pick-me-up to get through this Holiday season? FemMED and Mama's Got Swag are giving away a bottle of Energy capsules to one lucky LondonMom. To get yours, enter the giveaway!

1. LIKE LondonMoms on Facebook and write a comment about this review on the wall <http://www.facebook.com/LondonMoms>

2. LIKE FemMED on Facebook and write a comment about this review on their wall <http://www.facebook.com/pages/femmed/134350068550>

3. Email jill@londonmoms.ca with ENERGY in the subject line. Have a look at their website and let me know which other product you'd like to try from femMED. Be sure to include your full name and username in your message. ** THIS entry will count towards the

GRAND PRIZE contest as well! **

Good luck! Contest closes DECEMBER 2, 2011 at MIDNIGHT

This is DAY EIGHT of Mama's Got Swag's 12 Days of Christmas reviews and giveaways! Come back tomorrow for another amazing review, giveaway, and chance to enter the grand prize draw!



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