

THE ULTIMATE MOM GUIDE

PREGNANCY AND POSTPARTUM PRODUCTS

L I F E A B U N D A N T L Y

DISCLAIMER: THESE ARE ALL RECOMMENDATIONS, BUT THEY ARE NOT MEDICAL ADVICE. PLEASE CONSULT YOUR DOCTOR FOR MEDICAL ADVICE.

THESE ARE ALL PRODUCTS THAT I WOULD RECOMMEND. THESE HAVE CLEAN INGREDIENTS AND MATERIALS. THEY CAN HELP DIFFERENT ASPECTS OF YOUR JOURNEY. CLICK ON THE PHOTO FOR THE LINK TO THE PRODUCTS. AT THE END OF THE DOCUMENT, THERE ARE COUPON CODES FOR SOME OF THESE PRODUCTS.

THE ULTIMATE MOM GUIDE

PREGNANCY

PRODUCT

GOOD CHOICES

ANTACID



BELLY BUTTERS



BODY WASHES



MAGNESIUM MUSCLE RELIEF



THE ULTIMATE MOM GUIDE

PREGNANCY

PRODUCT

GOOD CHOICES

CONSTIPATION



HEMMROID RELIEF



MORNING SICKNESS CANDIES



MORNING SICKNESS HERBS



THE ULTIMATE MOM GUIDE

PREGNANCY

PRODUCT

GOOD CHOICES

MORNING SICKNESS TEAS



PREGNANCY TEAS



PRENATALS



STRETCH MARKS



THE ULTIMATE MOM GUIDE

POSTPARTUM

PRODUCT

GOOD CHOICES

POSTPARTUM PADS



POSTPARTUM PAIN RELIEF



POSTPARTUM TEA AND HORMONE SUPPORT



POSTPARTUM WIPES



THE ULTIMATE MOM GUIDE

POSTPARTUM

PRODUCT

GOOD CHOICES

SITZ BATHS



POSTPARTUM VITAMINS/PROBIOTICS



ELECTROLYTES



POSTPARTUM TINCTURES



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POSTPARTUM

PRODUCT

GOOD CHOICES

LACTATION SUPPLEMENTS



LACTATION TEAS AND DRINKS



SCAR BALMS



POSTPARTUM MEAL SUPPORT



MAMA MEALS

THE ULTIMATE MOM GUIDE

POSTPARTUM

PRODUCT

GOOD CHOICES

NURSING BRAS/PADS



NIPPLE CREAM



CLOGGED DUCTS/BREAST INFECTIONS



POSTPARTUM FITNESS/ BLOOMERS



THE ULTIMATE MOM GUIDE DISCOUNTS

LMNT
ELECTROLYTES

FREE SAMPLE PACK
W/FIRST PURCHASE

REDMOND'S SALT

15% OFF FIRST
ORDER

ROLLA PRODUCTS

LIFEABUNDANTLY

EARTHLEY
WELLNESS

USE CODE:
CHOOSENATURAL

DR. GREEN'S
PRODUCTS

\$10 OFF FIRST
PURCHASE

KINDRED BRAVELY

LIFEABUNDANTLY
POSTPARTUM15

FULLWELL

20% OFF FullWell
PRODUCTS

MOTHERLOVE

ABUNDANTLY15

PINK STORK

\$10 OFF FIRST
PURCHASE

EARTH MAMA

10% OFF with
CODE:
LIFEABUNDANTLY
POSTPARTUM

MARY RUTHS
ORGANICS

\$15 OFF FIRST
PURCHASE