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elliemontgomerie The other day someone asked me if I was relieved to have made it to 37 weeks and into the "safe zone."

My honest first thought was— no. I've never once worried about my baby going full term. And then I thought, I've got to share why on social media 😂

For the past 18 years I've taken a supplement that is pure fruits, veggies and plant-based omegas in capsule form. It's way more than a prenatal, and it's the only product on the market that has research behind it showing that it actually gets into the bloodstream and supports a healthy pregnancy, decreases



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healthy pregnancy, decreases complications and premature deliveries... the list goes on and on.

Before I did what I'm doing now, my career was educating about and selling this product, and my biggest passion in my work was helping women prepare their bodies for birth, get super healthy themselves and create healthy babies. I watched hundreds of women (many who had struggled with infertility for years, or had had issues in previous pregnancies) go on to have thriving, healthy pregnancies, births and babies.

I truly can't believe how pleasurable the last 9 months have been for me. Many days I forget I was pregnant I



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the last 9 months have been for me. Many days I forgot I was pregnant. I was able to work, exercise, eat, make love, travel and just enjoy it all. Every morning when I take my capsules I picture my body flooding with the nutrition from 30 fruits and veggies and feel so much peace of mind. They make a (delicious) vegan shake mix too that I drink daily. Rob takes it too which is just as important! I can't wait to be a mama and pass down this legacy of health to my babies. Health truly is the greatest wealth!!

I no longer have the time or capacity to share the product the way I used to, but I SO want this for every woman and family. If you'd like info, send me a DM and me or someone



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If you take it, what have you experienced? I'd love to hear in the comments 📌

8w



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lemon peel
acerola cherry
raspberry
bilberry
blueberry
cranberry
pomegranate
concord grape
black current
blackberry
cranberry
elderberry
artichoke
cocoa
apple
peach
orange
mango
prune
date
pineapple



beet
broccoli
parsley
tomato
carrot
garlic
beet
spinach
cabbage
lemon peel
rice bran
kale
algal oil
pomegranate oil
raspberry seed oil
safflower seed oil
tomato seed oil
sea buckthorn berry oil



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