

Omega-3 supplements for pregnant women with low omega-3 status

Who this list is for

- This list is for pregnant women who have low omega-3 status (<3.7% of total fatty acids in serum) and have been advised by their healthcare provider to take omega-3 supplements to reduce the risk of early preterm birth.
- Recommended daily dose (until 37 weeks of pregnancy):
 - Around 1000 mg/day DHA+EPA combined (with at least 600 mg DHA)
 - OR**
 - Around 1000 mg/day of DHA alone

About this list

- The products below are examples of omega-3 supplements (fish oil or algal oil) that can provide the recommended daily dose for women with low omega-3 status.
- All products are listed with Australia's medicines regulator (the Therapeutic Goods Administration, TGA)
- This is not an exhaustive list; other suitable products may be available. SAHMRI does not endorse any specific brand. Information is current as of May 2026.

Supplement name	Image	Comments	DHA & EPA per capsule	Suggested dose
Blackmores Omega Brain High DHA Fish Oil		Contains fish oil.	DHA = 500 mg EPA = 100 mg	Take 2 capsules per day
Eagle Clinical Algal EPA DHA		Contains algal oil.	DHA = 300 mg EPA = 150 mg	Take 2 capsules per day
Swisse Ultiboost Pregnancy DHA Fish Oil		Contains fish oil.	DHA = 250 mg EPA = 50 mg	Take 3 capsules per day

DHA, Docosahexaenoic acid; EPA, Eicosapentaenoic acid