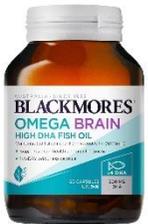


Omega-3 supplements for woman with low omega-3 fatty acid status

Supplement Name	Image	Comments	Our suggested dose	Nutrients per suggested daily dose				Price guide**
				DHA&EPA* Omega-3 fatty acids (mg)	Folic Acid (µg)	Vitamin D (IU)	Iodine (µg)	
Infantem		<p>Contains algal oil that is vegetarian and sustainable</p> <p>Can be ordered online: www.infantem.com.au</p>	Two capsules per day	DHA = 800 EPA = 100	0	0	0	\$35 (60 capsules)
Blackmores Retail Omega Brain High DHA Fish Oil		<p>Contains fish oil</p> <p>Available in most pharmacies and can be ordered online: www.blackmores.com.au</p>	Two capsules per day	DHA = 1000 EPA = 200	0	0	0	\$38 (60 capsules)

*DHA&EPA, Docosahexaenoic acid & Eicosapentaenoic acid

**Recommended Retail Price if accessible (subject to change)