




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): around 1000 mg DHA + EPA (or DHA alone).
- For more information see the SAHMRI “Omega-3 Testing in Pregnancy” brochure

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 2nd March 2026.

| Supplement name | Image | Comments | DHA & EPA per capsule | Suggested dose of DHA & EPA (mg) |
|--|---|--------------------|------------------------|--|
| Blackmores Omega Brain High DHA Fish Oil |  | Contains fish oil | DHA = 500 EPA = 100 | Two capsules per day provide: DHA = 1000 EPA = 200 |
| Eagle Clinical Algal EPA DHA |  | Contains algal oil | DHA = 300 EPA = 150 | Two soft gel capsules per day provide: DHA = 600 EPA = 300 |
| Swisse Ultiboost Pregnancy DHA Fish Oil |  | Contains fish oil | DHA = 250 EPA = 50 | Three soft capsules per day provide: DHA = 750 EPA = 150 |

DHA - Docosahexaenoic acid
EPA - Eicosapentaenoic acid