

## Omega-3 supplements for women with low omega-3 fatty acid status

Please find a list of commonly available supplements if you are 'low' in omega-3 (less than 3.7%) and your health professional has recommended taking omega-3 supplements (fish oil or algal oil) to reduce your risk of a premature birth.

Suggested supplements and pricing as of 25-06-2024.

Supplement name	Image	Comments	Our suggested dose	DHA&EPA* Omega-3 fatty acids (mg)	Price guide**
Bioceuticals UltraClean® DHA Omega	BioCeuthals  UltraClean DHA Omega Enh captaig contains Conventional orange 3 to go contain To the contains of	Contains fish oil. Available online: <a href="https://www.australianvitamins.com">https://www.australianvitamins.com</a>	Two capsules per day	DHA = 1000 EPA = 200	\$36.95 (60 capsules)
Blackmores Retail Omega Brain High DHA Fish Oil	BLACKMORES OMEGA BRAIN HIGH DHA FISH OIL  **CONTINUE TO AND	Contains fish oil. Available in most pharmacies and can be ordered online: <a href="https://www.blackmores.com.au">www.blackmores.com.au</a>	Two capsules per day	DHA = 1000 EPA = 200	\$38 (60 capsules)



BrainFeed Omega-3 plant based. You Naturally	omega 3 plant based  you. naturally.  DHA 500mg per capsule  doubte concentrate DHA contributes to the maintenance of normal brain function. 60 algal oil food supplement capsules	Contains algae oil. Available online: <a href="https://www.amazon.com.au">https://www.amazon.com.au</a>	Two capsules per day	DHA = 1000 EPA = 40	\$44.99 (60 capsules)
Carlson Mother's DHA	Mother's DHA S00 mg DHA 120 Soft Gels   120 Servings	Contains fish oil. Available online: <a href="https://au.iherb.com">https://au.iherb.com</a>	Two soft gels per day	DHA = 1000 EPA = 200	\$34.62 (60 capsules)
Minami Nutrition Supercritical Prenatal Omega-3 Fish Oil	CAMERIA STATE THE THE THE THE THE THE THE THE THE T	Contains fish oil. Available online: <a href="https://au.iherb.com">https://au.iherb.com</a>	Two soft gels per day	DHA = 960 EPA = 208	\$58.78 (60 soft gels)



Rainbow Light Prenatal DHA	RAINBOW LIGHT  Prenatal DHA Omega-3 Fish Oil  Panotes Babys Brain and Eye Health Apports Mom's Cardiovascular Health Apports Mom's Cardiovascular Health  Softgels   Dietary Supplement	Contains fish oil. Available online: <a href="https://au.iherb.com">https://au.iherb.com</a>	Three soft gels per day	DHA = 750 EPA = 171	\$52.65 (60 soft gels)
Swisse Ultiboost Pregnancy DHA Fish Oil	PREGNANCY DHA FISH OIL  Consentated fish omega-3 triglycordes 500 mg  NATURAL SOURCE OF DHATO SUPPORT HEALTHY FOETAL DEVELOPMENT  MASEO ON SCIENTIFIC EVIDENCE FAMILY PLANNING  30 SOFT CAPSULES ONE-4-DAY	Contains fish oil. Available online: https://www.beevitamins.com.au	Three soft capsules per day	DHA = 750 EPA = 150	\$44.99 (30 soft capsules)

<sup>\*</sup>DHA&EPA, Docosahexaenoic acid & Eicosapentaenoic acid

<sup>\*\*</sup>Recommended Retail Price if accessible (subject to change)