






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		Contains fish oil. Available online: https://www.australianvitamins.com	Two capsules per day	DHA = 1000 EPA = 200	\$36.95 (60 capsules)
Blackmores Retail Omega Brain High DHA Fish Oil		Contains fish oil. Available in most pharmacies and can be ordered online: www.blackmores.com.au	Two capsules per day	DHA = 1000 EPA = 200	\$38 (60 capsules)

<p>BrainFeed Omega-3 plant based. You Naturally</p>		<p>Contains algae oil. Available online: https://www.amazon.com.au</p>	<p>Two capsules per day</p>	<p>DHA = 1000 EPA = 40</p>	<p>\$44.99 (60 capsules)</p>
<p>Carlson Mother's DHA</p>		<p>Contains fish oil. Available online: https://au.iherb.com</p>	<p>Two soft gels per day</p>	<p>DHA = 1000 EPA = 200</p>	<p>\$34.62 (60 capsules)</p>
<p>Minami Nutrition Supercritical Prenatal Omega-3 Fish Oil</p>		<p>Contains fish oil. Available online: https://au.iherb.com</p>	<p>Two soft gels per day</p>	<p>DHA = 960 EPA = 208</p>	<p>\$58.78 (60 soft gels)</p>

<p>Rainbow Light Prenatal DHA</p>		<p>Contains fish oil. Available online: https://au.iherb.com</p>	<p>Three soft gels per day</p>	<p>DHA = 750 EPA = 171</p>	<p>\$52.65 (60 soft gels)</p>
<p>Swisse Ultiboost Pregnancy DHA Fish Oil</p>		<p>Contains fish oil. Available online: https://www.beevitamins.com.au</p>	<p>Three soft capsules per day</p>	<p>DHA = 750 EPA = 150</p>	<p>\$44.99 (30 soft capsules)</p>

*DHA&EPA, Docosahexaenoic acid & Eicosapentaenoic acid

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