

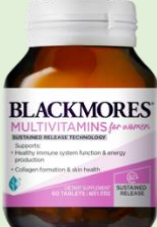










## Pregnancy supplements that do not contain omega-3 fatty acids


Please find a list of commonly available pregnancy supplements for women with 'sufficient omega-3 status' (>4.3%) that do not contain omega-3 fatty acids.

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

Supplement Name	Image	Comments	Suggested dose	Nutrients per suggested daily dose				Price guide**
				DHA&EPA* Omega-3 fatty acids (mg)	Folic Acid (µg)	Vitamin D (IU)	Iodine (µg)	
<b>Bioceticals InNatal</b>		Vitamin D intake exceeds Adequate Intake.  Iodine intake exceeds Recommended Daily Intake	One capsule twice daily	0	200 (levomefolic acid or 5-MTHF)	1000	270	\$29.99 (60 capsules)  \$54.99 (120 capsules)
<b>Blackmores I-Folic</b>			One tablet daily	0	500	0	150	\$24.99 (150 tablets)
<b>Blackmores Multivitamin for Women</b>			One tablet daily	0	400	200	150	\$36.99 (90 tablets)

Supplement Name	Image	Comments	Suggested dose	Nutrients per suggested daily dose				Price guide**
				DHA&EPA* Omega-3 fatty acids (mg)	Folic Acid (µg)	Vitamin D (IU)	Iodine (µg)	
Cenovis Women's Multi			One capsule daily	0	300	200	150	\$14.99 (50 capsules) \$29.00 (100 capsules)
Centrum For Women		Vitamin D intake exceeds Adequate Intake	One tablet daily	0	300	800	150	\$28.99 (90 tablets)
Eagle Tresos Natal		Vitamin D intake exceeds Adequate Intake Iodine intake exceeds Recommended Daily Intake	One tablet daily	0	250	1000	270	\$29.95 (30 tablets) \$28.50 (90 tablets)
Elevit Pre-conception & Pregnancy Multivitamin		Folic Acid intake exceeds Recommended Daily Intake	One tablet daily	0	800	200	220	\$32.99 (30 tablets) \$59.99 (100 tablets)

Supplement Name	Image	Comments	Suggested dose	Nutrients per suggested daily dose				Price guide**
				DHA&EPA* Omega-3 fatty acids (mg)	Folic Acid (µg)	Vitamin D (IU)	Iodine (µg)	
Ethical Nutrients Mega iron with activated B-vitamins			One capsule daily	0	200 (levomefolic acid or 5-MTHF)	0	0	\$22.95 (30 capsules)
FabHealth FabFol			One tablet daily	0	500	200	150	\$28.50 (56 tablets)
Herbs of Gold Pregnancy Plus 1-2-3		Vitamin D intake exceeds Adequate Intake  Iodine intake exceeds Recommended Daily Intake	One tablet twice daily	0	250	1000	270	\$37.95 (60 tablets)
Microgenics Women's Wellness Multivitamin		Vitamin D intake exceeds Adequate Intake	One capsules daily	0	500 (levomefolic acid or 5-MTHF)	500	100	\$39.99 (120 capsules)

Supplement Name	Image	Comments	Suggested dose	Nutrients per suggested daily dose				Price guide**
				DHA&EPA* Omega-3 fatty acids (mg)	Folic Acid (µg)	Vitamin D (IU)	Iodine (µg)	
Thorne Basic Prenatal		Vitamin D intake exceeds Adequate Intake	Three capsules daily	0	1000 (levomefolic acid or 5-MTHF)	1000	150	\$50.17 (90 capsules)

\*DHA&EPA, Docosahexaenoic acid & Eicosapentaenoic acid

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