

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	Image	Comments	Suggested	Nutrients per suggested daily dose				Price
Name			dose	DHA&EPA* Omega-3 fatty acids (mg)	Folic Acid (µg)	Vitamin D (IU)	lodine (μg)	guide**
Bioceuticals InNatal	BROWNING IN Nata! Plus for on	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)
Blackmores I- Folic	BLACKMORES I-FOLIC - Support healthy fortal districtions - Contains ording 4 fact circl - Contains ording 4 fact circl - Contains ording 4 fact circl		One tablet daily	0	500	0	150	\$24.99 (150 tablets)
Blackmores Multivitamin for Women	BLACKMORES MULTIVITAMINS for causey and the first further family production - causey		One tablet daily	0	400	200	150	\$36.99 (90 tablets)



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Cenovis Women's Multi	CEN®VIS WOMEN'S MULTI Once power August arrange with August arran		One capsule daily	0	300	200	150	\$14.99 (50 capsules) \$29.00 (100 capsules)
Centrum For Women	Centrum WOMEN happen some of the control of the con	Vitamin D intake exceeds Adequate Intake	One tablet daily	0	300	800	150	\$28.99 (90 tablets)
Eagle Tresos Natal	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	PRUSANCY MEDICAL PROPERTY OF THE PROPERTY OF T	Folic Acid intake exceeds Recommended Daily Intake	One tablet daily	0	800	200	220	\$32.99 (30 tablets) \$59.99 (100 tablets)



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Ethical Nutrients Mega iron with activated B- vitamins	THICAL MUTRIPATE MEGA IRON NOMEN'S HEALTH WHITE A THOMAS A THOM		One capsule daily	0	200 (levomefolic acid or 5- MTHF)	0	0	\$22.95 (30 capsules)
FabHealth FabFol	FABFOL WINDOWS MANUAL STATEMENT WINDOWS MANUAL STATEMENT BOTH		One tablet daily	0	500	200	150	\$28.50 (56 tablets)
Herbs of Gold Pregnancy Plus 1-2-3	herbsofgold Substate to per land Pregnancy Plus 12-3 1- Was 1- Was Pregnancy Report Figure	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	Worners Wellness Multivitamin	Vitamin D intake exceeds Adequate Intake	One capsules daily	0	500 (levomefolic acid or 5- MTHF)	500	100	\$39.99 (120 capsules)



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Thorne Basic Prenatal	THORNE Star Parental Star parental	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)