


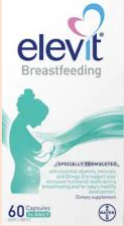



Common pregnancy supplements with up to 250 mg DHA&EPA omega-3 fatty acids

Please find a list of commonly available supplements if you are 'sufficient' in omega-3 (over 4.3%) and already taking omega-3 fatty acids as part of a multivitamin and mineral. If you wish to continue omega-3 supplementation, the dose of DHA and EPA should not exceed 250mg per day.

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

Supplement Name	Image	Comments	Suggested dose	DHA&EPA* Omega-3 fatty acids (mg)	Price guide**
Blackmores Conceive Well Gold		Vit D and Omega 3 are in capsule only	One capsule and one tablet daily	Total = 150 DHA = 125 EPA = 25	\$47.99 (28 capsules + 28 tablets)
Blackmores Pregnancy Breast-Feeding Gold		One capsule daily fits the DHA&EPA* dose. The company suggested dose of two capsules daily exceeds the DHA&EPA* dose.	One capsule daily	Total = 150 DHA = 125 EPA = 25	\$37.99 (60 capsules) \$59.99 (120 capsules) \$83.99 (180 capsules)

<p>Cenovis Once Daily Women's Multi + Energy Boost</p>		<p>Omega-3 break down not given but DHA&EPA* omega-3 fatty acid content is most likely <250mg</p>	<p>One capsule daily</p>	<p>Natural fish oil = 300</p>	<p>\$45.00 (150 capsules)</p>
<p>Elevit Breastfeeding</p>			<p>One capsule daily</p>	<p>Total = 221 DHA = 200 EPA = 21</p>	<p>\$33.99 (30 capsules) \$49.99 (60 capsules)</p>
<p>Fefol Multi-Preg Liquid Cap</p>			<p>One capsule daily</p>	<p>Total = 196.37 DHA = 159.32 EPA = 37.05</p>	<p>\$34.95 (60 capsules)</p>

*DHA&EPA, Docosahexaenoic acid & Eicosapentaenoic acid
 **Recommended Retail Price if accessible (subject to change)