

## 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	BLACKMORES' CONCEIVE WELL' GOLD  * Helon prepare the body for pregnancy * Supports healthy foetal development  **T demand deve	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	BLACKMORES PREGNANCY & BREAL OF THE	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)



Cenovis Once Daily Women's Multi + Energy Boost	CENQVIS' WOMEN'S MULTI+ BURGEYBOOST ONCE OAILY RULTIVITAMIN Supports energy with Support of prince oails and oails Support of prince oails Support of prince oails Support	Omega-3 break down not given but DHA&EPA* omega-3 fatty acid content is most likely <250mg	One capsule daily	Natural fish oil = 300	\$45.00 (150 capsules)
Elevit Breastfeeding	Prastfeeding  Pr		One capsule daily	Total = 221 DHA = 200 EPA = 21	\$33.99 (30 capsules) \$49.99 (60 capsules)
Fefol Multi-Preg Liquid Cap	FEFOL MULTI-PREG WITHOMERAS ROOME  FOR PRICE SHAPE AND ADDRESS OF THE SHAPE ADDRESS O		One capsule daily	Total = 196.37 DHA = 159.32 EPA = 37.05	\$34.95 (60 capsules)

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

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