













Multivitamin and Mineral Supplements for Women

Without Omega-3 Fatty Acids

Supplement Name	Image	Suggested Dose	Nutrients per suggested daily dose				Price guide*
			Omega-3	Folic Acid (μg)	Vitamin D (IU)	Iodine (μg)	
Bioceuticals InNatal		One tablet twice daily	0	200 (levomefolic acid (5-MTHF))	1000	270	\$70 (120 capsules)
Blackmores I-Folic		One tablet daily	0	500	0	150	\$23 (150 tablets)
Blackmores Multivitamin for Women		One tablet daily	0	300	200	150	\$35 (90 tablets)
Cenovis Women's Multi		One tablet daily	0	300	200	150	\$18 (100 tablets)




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			Omega-3	Folic Acid (µg)	Vitamin D (IU)	Iodine (µg)	
Centrum For Women		One tablet daily	0	400	800	150	\$21 (60 tablets)
Eagle Tresos Natal		One tablet daily	0	250	1000	270	\$85 (90 capsules)
Elevit Pre-conception & Pregnancy Multivitamin		One tablet daily	0	800	200	220	\$67 (100 tablets)
Ethical Nutrients Mega iron w activated B-vitamins		One tablet daily	0	200 (levomefolic acid)	N/A	N/A	\$14.50 (30 capsules)
FabHealth FabFol		One tablet daily	0	500	200	150	\$21 (56 tablets)




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			Omega-3	Folic Acid (µg)	Vitamin D (IU)	Iodine (µg)	
Herbs of Gold Pregnancy Plus 1-2-3		One tablet twice daily	0	200	500	135	\$21 (60 tablets)
Microgenics Women's Wellness Multivitamin		One tablet daily	0	500	500	100	\$37 (120 capsules)
Swisse Nutra+ Advanced Pregnancy Care		One tablet twice daily	0	500	1000	220	\$37 (60 tablets)

* Recommended retail price (subject to change)

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With Up To 250 mg DHA+EPA Omega-3 Fatty Acids

Supplement Name	Image	Comments	Suggested Dose	Nutrients per suggested daily dose				Price guide*
				Omega-3 fatty acids (DHA, EPA)^ per tablet	Folic Acid (µg)	Vitamin D (IU) per capsule	Iodine (µg)	
Blackmores Conceive Well Gold		*Vit D and Omega-3 are in capsule only.	One capsule and one tablet daily	DHA = 125mg EPA = 25mg	500	400	150	\$43 (56 tab/cap)
Blackmores Pregnancy Breast-Feeding Gold		Two capsules daily exceed the Omega-3 dose.	Two capsules daily	DHA = 250mg EPA = 50mg	500	1000	150	\$73 (180 capsules)
		One capsule daily fits the Omega-3 dose.	One capsule daily	DHA = 125mg EPA = 25mg	250	500	75	
Blackmores Women's Conception Care Platinum		*Vit D and Omega-3 are in capsule only. (Recommended to take up to 6 months pre-conception)	One capsule and one tablet daily	DHA = 90mg EPA = 45mg	500	1000	150	\$50 (56 tab/cap)

Supplement Name	Image	Comments	Suggested Dose	Nutrients per suggested daily dose				Price guide*
				Omega-3 fatty acids (DHA, EPA) per tablet	Folic Acid (µg)	Vitamin D (IU) per capsule	Iodine (µg)	
Elevit Breastfeeding			One capsule daily	DHA = 200mg EPA = 21mg	500	600	225	\$40.50 (60 capsules)
Fefol Multi-Preg Liquid Cap			One capsule daily	DHA = 159.3mg EPA = 37mg	500	500	250	\$24 (60 capsules)
Swisse Ultinatal Pre-Conception & Pregnancy Multivitamin		Two capsules daily exceed the Omega-3 dose. One capsule daily fits the Omega-3 dose.	Two capsules daily	DHA=250mg EPA=75mg DHA = 125mg EPA = 37.5mg	1000+100 (levomefolic acid) 500+50 (levomefolic acid)	1000 500	220 110	\$30 (60 capsules) or \$65 (180 capsules)

* Recommended retail price (subject to change)

^ DHA = docosahexaenoic acid, EPA = eicosapentaenoic acid