Multivitamin and Mineral Supplements for Women

Without Omega-3 Fatty Acids

Supplement Name	Image	Suggested		Price guide*			
	Dose Omega-3		Nutrients per suggested Folic Acid (μg)	Vitamin D (IU)	lodine (μg) 270		
Bioceuticals InNatal	InNatal InNatal Formation to the second of	One tablet twice daily	0	200 (levomefolic acid (5- MTHF)	1000	270	\$70 (120 capsules)
Blackmores I-Folic	BLACKMORES I-FOLIC - Supports hashing feetal directorment directorment - Contrants solone & field seed	One tablet daily	0	500	0	150	\$23 (150 tablets)
Blackmores Multivitamin for Women	BLACKMORES MULTIVITAMIN FORWOMEN TO THE PROPERTY OF THE PROPE	One tablet daily	0	300	200	150	\$35 (90 tablets)
Cenovis Women's Multi	CENSVIS WOMEN'S MULTI OCCUPANT MATTERIAL MATTE	One tablet daily	0	300	200	150	\$18 (100 tablets)

Supplement Name	Image	Suggested			Price guide*		
		Dose	Omega-3	Folic Acid (µg)	Vitamin D (IU)	(IU) (μg)	
Centrum For Women	CENTRUM FOR WOMEN STATE OF THE	One tablet daily	0	400	800	150	\$21 (60 tablets)
Eagle Tresos Natal	TRESOS NATAL	One tablet daily	0	250	1000	270	\$85 (90 capsules)
Elevit Pre-conception & Pregnancy Multivitamin	PHARMACY MEDICALE CONTROL OF A CONTROL Programme to Programme to A CONTROL OF A CONTROL A CONTROL A CONTROL OF A CONTROL	One tablet daily	0	800	200	220	\$67 (100 tablets)
Ethical Nutrients Mega iron w activated B- vitamins	TITICAL NUTGINTS MEGA IRON TOMERS HEALTS WHITE A see the part of the part o	One tablet daily	0	200 (levomefolic acid)	N/A	N/A	\$14.50 (30 capsules)
FabHealth FabFol	FABFOL GOVERNMENT OF THE TOWARD GOVERNMENT	One tablet daily	0	500	200	150	\$21 (56 tablets)

Supplement Name	Image	Suggested	Suggested Nutrients per suggested daily dose				
		Dose	Omega-3	Folic Acid (μg)	Vitamin D (IU)	lodine (µg)	
Herbs of Gold Pregnancy Plus 1-2-3	herbsofgold Pregnancy Plus 12-3 Water & Hart Barber O C	One tablet twice daily	0	200	500	135	\$21 (60 tablets)
Microgenics Women's Wellness Multivitamin	Women's Wellness Multivitamin	One tablet daily	0	500	500	100	\$37 (120 capsules)
Swisse Nutra+ Advanced Pregnancy Care	NUTRA+	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	Supplement Name Image Comments Suggested Nutrients per suggested d				sted daily dose		Price	
			Dose	Omega-3 fatty acids (DHA, EPA)^ per tablet	Folic Acid (µg)	Vitamin D (IU) per capsule	lodine (µg)	guide*
Blackmores Conceive Well Gold	**Helps prepare the body for pregnancy ** **Legis prepare the body for pregnancy ** **Support healthy foetal development ** **Legis and the support for the	*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	BLACKMORES PREGNANCY &	Two capsules daily exceed the Omega-3 dose.	Two capsules daily	DHA = 250mg EPA = 50mg	500	1000	150	\$73 (180 capsules)
	BREAS PEEDING GOLD	One capsule daily fits the Omega-3 dose.	One capsule daily	DHA = 125mg EPA = 25mg	250	500	75	
Blackmores Women's Conception Care Platinum	Powered by claims and laken. Women's conception CARE DALTHINM Comparity Conception CARE DALTHINM Women's conception CARE DALTHINM Women's conception CARE DALTHINM WOMEN'S CONCEPTION CARE DALTHINM WINDERS WOMEN'S CONCEPTION CARE DALTHINM WHART 26 OFFERS 1 AND 1 AND 1 AND 1	*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	Image	Comments	Suggested	Nutrients per suggested daily dose				Price
Name			Dose	Omega-3 fatty acids (DHA, EPA) per tablet	Folic Acid (µg)	Vitamin D (IU) per capsule	lodine (µg)	guide*
Elevit Breastfeeding	elevit Breastfeeding APTION OF THE PROPERTY		One capsule daily	DHA = 200mg EPA = 21mg	500	600	225	\$40.50 (60 capsules)
Fefol Multi-Preg Liquid Cap	TEFOL MULTI-PREG WITH OMEGAS I DODIE TO PROCESSORY AND THE PROCESSORY A Broad-Company of the Company of the Co		One capsule daily	DHA = 159.3mg EPA = 37mg	500	500	250	\$24 (60 capsules)
Swisse Ultinatal Pre-Conception & Pregnancy Multivitamin	SWISSE ULTIVATAL PRE-CONCEPTION & PRECNANCY Method and processor With soon and processor Wi	Two capsules daily exceed the Omega-3 dose. One capsule daily fits the	Two capsules daily	DHA=250mg EPA=75mg DHA = 125mg EPA = 37.5mg	1000+100 (levomefolic acid) 500+50 (levomefolic	1000 500	220 110	\$30 (60 capsules) or \$65 (180 capsules)
	ROPELES	Omega-3 dose.		9	` acid)			. ,

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[^] DHA = docosahexaenoic acid, EPA = eicosapentaenoic acid