

Do EPA + DHA omega-3s support a healthy pregnancy?



Yes! They are important during pregnancy and in early life.



Important for Brain & Eyes

DHA accumulates in the brain¹ and the retina² of the unborn fetus, supporting healthy development. The omega-3 continues to help with brain and eye development during the first few years of life.

35%
Less Risk

Protect Against Preterm Birth

Pregnant women supplementing with EPA/DHA omega-3s have a 35% reduced risk of early preterm birth (<34 weeks) and a 12% reduced risk of preterm birth (<37 weeks).³

10%
Less Risk

Support Healthy Birth Weight

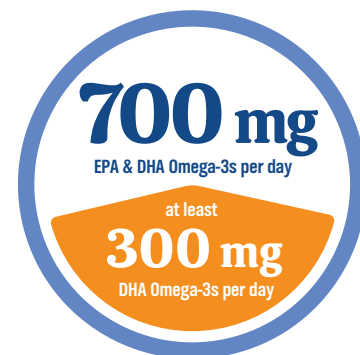
Pregnant women supplementing with EPA/DHA omega-3s have a reduced risk of delivering a low-birth-weight baby (<5.5 lbs).⁴



Share the Love

Women need to increase the EPA and DHA omega-3s they get from diet and supplements so they can pass these important nutrients to their growing babies during pregnancy and breastfeeding.

Aim to get at least 700 mg EPA+DHA omega-3s per day from seafood and supplements, of which at least 300 mg should be DHA.⁵



To learn more about how EPA and DHA support a healthy pregnancy, visit:

[FatsOfLife.com](https://www.fatsoflife.com)

1. Weiser MJ, et al. Docosahexaenoic Acid and Cognition throughout the Lifespan. *Nutrients* 2016;8(2):99.
2. Sugasini D, et al. Efficient enrichment of retinal DHA with dietary lysophosphatidylcholine-DHA: potential application for retinopathies. *Nutrients* 2020;12(10):3114.
3. Cetin I, et al. Omega-3 fatty acid supply in pregnancy for risk reduction of preterm and early preterm birth. *Am J Obstet Gynecol* 2024;6(2):101251.
4. Middleton P, et al. Omega-3 fatty acid addition during pregnancy. *Cochrane Database of Systematic Reviews* 2018.
5. Koletzko B, et al. Current information and Asian perspectives on long-chain polyunsaturated fatty acids in pregnancy, lactation, and infancy: systematic review and practice recommendations from an Early Nutrition Academy Workshop. *Ann Nutr Metab* 2014;65:49-80.

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