

Maternal EPA & DHA Omega-3 Intake
can improve

Pregnancy Outcomes

**35%
less risk**

of early preterm birth
(<34 weeks)

**12%
less risk**

of preterm birth
(<37 weeks)

**10%
less risk**

of low birth weight
(<5.5 lbs)

Learn more at:

AlwaysOmega3s.com

References:

Cetin I, et al. Omega-3 fatty acid supply in pregnancy for risk reduction of preterm and early preterm birth. *Am J Obstet Gynecol MFM*. 2024;6(2):101251.

Best KP, et al. ISSFAL statement number 7 – Omega-3 fatty acids during pregnancy to reduce preterm birth. *Prostaglandins, Leukotrienes and Essential Fatty Acids*. 2022; 186:102495

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Last updated: May 2025