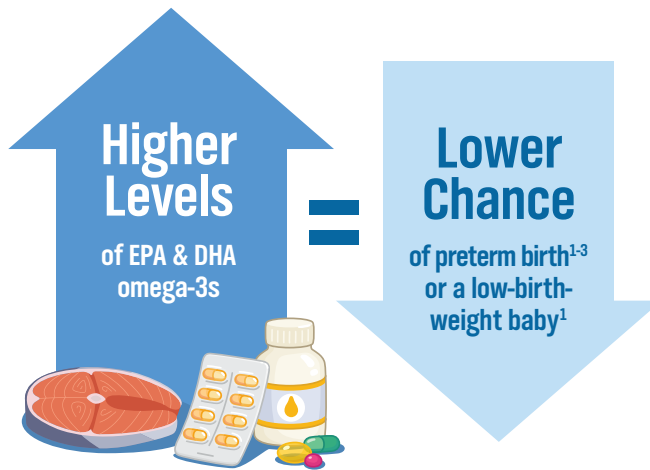


EPA + DHA Omega-3s



Important for your pregnancy. **Critical for your baby.**

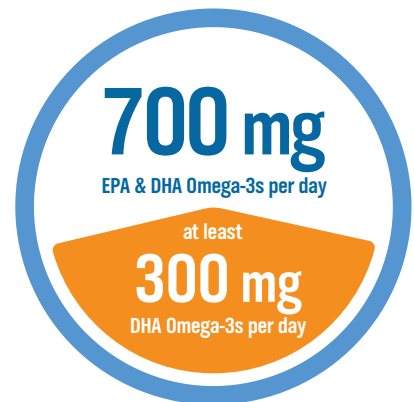


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EPA and DHA omega-3s are important for a pregnant woman and her growing baby. DHA in particular is critical for brain and eye development, both in the womb and in infancy.

Enough for two

Pregnant and breastfeeding women should 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.⁴



To learn more about how EPA and DHA omega-3s support a healthy pregnancy, visit:

[AlwaysOmega3s.com](https://www.alwaysomega3s.com)

1. Middleton P, et al. Omega-3 fatty acid addition during pregnancy. *Cochrane Database of Systematic Reviews* 2018.
2. 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.
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4. 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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