3 Reasons Why OMEGA-3s are Important for Growing Babies

1. DHA is important for pregnant and nursing women, as well as infants, to ensure healthy brain development.¹
2. Omega-3s play an important role in infant eye development as the highest concentration of DHA is found in the retina.²
3. Consuming omega-3 supplements during pregnancy was associated with a 58% decrease in the likelihood of early preterm birth and healthier birth weight.³

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How Much OMEGA-3s Do Moms Need for Their Babies?

For pregnant and lactating women, optimal intake is 700 mg per day of EPA and DHA, of which at least 300 mg should be DHA.¹ Since moms are the sole source of DHA for developing babies, it’s important they eat enough fatty fish or take an omega-3 supplement.

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3 Reasons Why Moms, and all Adults, Need OMEGA-3s Throughout Life

1. EPA and DHA may help maintain healthy blood pressure¹ and triglyceride levels.² A recent study published in Mayo Clinic Proceedings found that EPA and DHA consumption may reduce the risk of coronary heart disease, especially in higher-risk populations.³
2. Evidence suggests that consumption of omega-3s may support cognitive performance in adults.⁴
3. Numerous studies show that EPA and DHA play an important role in eye health throughout life.⁵

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What Are the Best Sources of OMEGA-3s

There are 3 simple ways to get the recommended amounts of EPA and DHA:
1. Eat fatty fish, like salmon, sardines or mackerel.
2. Consume EPA- and DHA-fortified foods and beverages.
3. Take an omega-3 supplement.

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¹ DHA and support of the cognitive development of the unborn child and breastfed infant. EFSA Journal.
² Chemistry and metabolism of lipids in the vertebrate retina. Prog Lipid Res. 1983; 22; 79-131
⁴ Long-Chain Omega-3 Fatty Acids Eicosapentaenoic Acid and Docosahexaenoic Acid and Blood Pressure: A Meta-Analysis of Randomized Controlled Trials. Am J Hypertens. 2014 Jul; 27(7): 885-896
⁵ Triglycerides and Cardiovascular Disease: A Scientific Statement From the American Heart Association; Circulation. 2011; 123:2292-2333
⁶ A Meta-Analysis of Randomized Controlled Trials and Prospective Cohort Studies of Eicosapentaenoic and Docosahexaenoic Long-Chain Omega-3 Fatty Acids and Coronary Heart Disease Risk. Mayo Clinic Proceedings; January 2017
⁸ Chemistry and metabolism of lipids in the vertebrate retina. Prog Lipid Res. 1983; 22; 79-131