

Learn more about the benefits of omega-3s at AlwaysOmega3s.com.

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



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

³ Effects of omega-3 fatty acids in prevention of early preterm delivery: a systematic review and meta-analysis of randomized studies. Eur J Obstet Gynecol Reprod Biol.



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.

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.

¹ 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



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



¹ 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

² Triglycerides and Cardiovascular Disease: A Scientific Statement From the American Heart Association; Circulation. 2011; 123:2292-2333

³ 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

⁴ Docosahexaenoic Acid and Adult Memory: A Systematic Review and Meta-Analysis. PLoS One, March 2015;18;10(3):e0120391

⁵ Chemistry and metabolism of lipids in the vertebrate retina. Prog Lipid Res. 1983; 22; 79-131