

FISH OIL

FOR PREGNANCY



OMEGA-3 FOR YOUR HEALTH SERIES

Did you Know? **Omega-3 Fish Oil...**

- Is the safest source of the essential fatty acid DHA^{1,2}
- Can increase birth weight and gestational length^{3,4}
- Supports mood health in new moms^{5,6}
- Supports attention and focus in infants and children⁷⁻⁹
- Supports a healthy immune system in infants¹⁰
- Supports intelligence markers in children¹¹
- Promotes the healthy development of the fetal brain, eyes, nervous system, and immune system¹²⁻¹⁴





***Have we been overlooking
a basic element of prenatal care?***

A national nutrition survey found that over two-thirds of pregnant women and moms said their doctor never told them anything about DHA.¹⁵

What is DHA?

DHA (docosahexaenoic acid) is an omega-3 essential fatty acid that makes up approximately 20% of the fatty acids of the brain's cerebral cortex. Though very important to the proper functioning of the human body, DHA is not produced by the body and must be obtained through the diet or supplementation.

DHA is particularly important to babies and to pregnant and lactating women:

- DHA plays a significant role in the normal physical and mental development of the fetus.¹⁶ DHA is transferred from the mother to the developing baby in the last trimester, supporting the fetal "nervous system growth spurt."
- DHA provides mood and nerve support for pregnant and nursing mothers. One study found that women who consumed larger amounts of fish suffered half the rate of postpartum depression when compared to women who consumed little or no fish.¹⁷
- Research has even shown that children of women who took cod liver oil during pregnancy and while lactating had higher IQs at age four than children whose mothers had taken a placebo.¹⁸

A woman's DHA levels decrease substantially during pregnancy, and will remain low for 9–12 months after delivery unless her diet is supplemented. To maintain optimal health in moms, babies, and young children, international experts recommend a minimum of 300 mg of DHA per day.¹⁹



How To Choose A Fish Oil Supplement

There is a wide range of quality among fish oil supplements. Use the following guidelines to ensure a high-quality product:

- **Purity:** purified of mercury, lead, and other harmful toxins
- **Freshness:** minimized oxidation for no fishy taste
- **Taste:** fishy smell or taste means a poorly made oil
- **Triglyceride Form:** for optimal absorption and results
- **Third-Party Testing:** ensures quality, freshness, and purity
- **Sustainability:** responsible fishing protects our seas

How Much is Enough?

International experts recommend:

500 mg EPA+DHA	for deficiency prevention
1 g EPA+DHA	for proactive support
2–4 g EPA+DHA	for high-intensity support

Omega-3 product labels can often be confusing. Make sure to read the supplement facts to know how much EPA+DHA you are getting. A 1000 mg soft gel refers only to the size of the soft gel, not the levels of EPA+DHA.

Total Omega-3s	1280 mg	†
EPA (Eicosapentaenoic Acid)	650 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	180 mg	†

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