

Born too soon: improving health outcomes for premature babies with omega-3s

Babies born before **37 weeks** are considered premature



The **World Health Organization** describes sub-categories of preterm birth, based on gestational age:



15 million babies are born prematurely every year²

This equates to more than **1 in 10** babies born too soon³



Premature babies can have an increased risk of developing significant health problems that can last a lifetime, including:



Breathing problems



Developmental issues and poor growth



Learning and behavioral difficulties



Visual and hearing impairments



Increased risk of chronic disease later in life, such as high blood pressure and heart disease

In fact, premature birth is responsible for **85%** of all complications in early life⁴

A global challenge



Early births are on the rise in most countries worldwide

Preterm birth is now the leading cause of death in children under 5 years of age, with more than **1 million children** dying each year due to problems associated with prematurity⁵

Risk reduction is key

Preventing premature birth can help babies lead longer, healthier lives⁶

March of Dimes

Taking between 500 - 1000 mg of omega-3s daily, of which at least **500 mg is DHA**, from the beginning of the 2nd trimester of pregnancy **reduces preterm births <37 weeks by 11% and <34 weeks by 42%**, according to the authors of an updated **Cochrane systematic review**^{7,8}



DHA supplementation during pregnancy **reduces the likelihood** of having a baby with a low birthweight (<2,500 g) **by 10%**⁹

Do you want to develop new, science-backed maternal nutrition products?

Learn more about the importance of DHA and ARA during early life



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