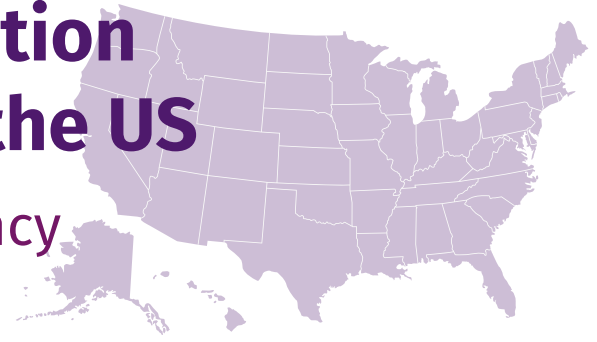
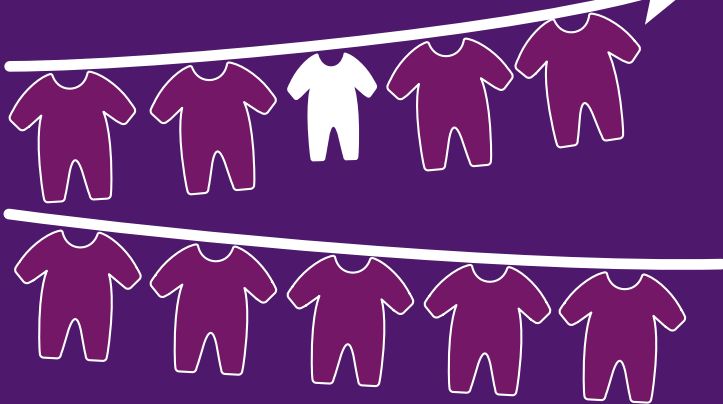


# Impact of DHA Supplementation among Pregnant Women in the US

DHA supplementation during pregnancy reduces the risk of preterm birth<sup>1,2</sup>

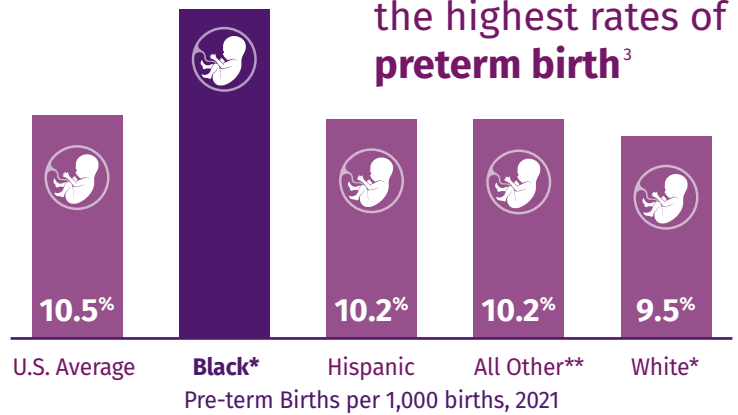


Preterm Births are on the **RISE**<sup>3</sup>



**1 in 10** babies born in the U.S. are **preterm**<sup>3</sup>

**14.8%** Non-hispanic black women have the highest rates of preterm birth<sup>3</sup>



\*Non-Hispanic. \*\*All other includes all other race/ethnicity cohorts that are not Hispanic, Black or White.

Universal DHA supplementation to all pregnant women could **save over 40,000 preterm births** annually in the US<sup>4</sup>

Providing all pregnant women with 1000mg of daily supplemental algal DHA could **save the US over \$8 Billion** each year<sup>4</sup>

Please support our efforts to increase access to high-quality, algal DHA supplements for all women of childbearing age.

Visit [everydaycounts.com](http://everydaycounts.com) to learn more.

1. Middleton P, et al. Omega-3 fatty acid addition during pregnancy. Cochrane Database Syst Rev. 2018;11(11): Cd003402.  
 2. Best KP, et al. ISSFAL statement number 7 - Omega-3 fatty acids during pregnancy to reduce preterm birth. Prostaglandins Leukot Essent Fatty Acids. 2022;186:102495.  
 3. Osterman MJK, et al. Births: final data for 2021. National Vital Statistics Reports. 2023;72(1):1-53.  
 4: Frost & Sullivan. Reducing the economic impact of preterm and early preterm birth in the United States by providing supplemental algal DHA to expectant mothers. Available at [everydaycounts.com](http://everydaycounts.com)

