



DHA and Omega-3 Supplements

Docosahexaenoic acid (DHA) is an omega-3 fatty acid. It is found in cold-water fatty fish and fish oil supplements, along with eicosapentaenoic acid (EPA). Vegetarian sources of DHA come from seaweed. Because omega-3 fatty acids are needed for brain development, research is being done to see if DHA may prevent Attention Deficit Hyperactivity Disorder (ADHD) in children. At this time, there is no proven benefit for pregnant women to take fish oil supplements. Supplements can cause a prolonged bleeding time, interaction with other medications and may have side effects (loose stools, abdominal discomfort and belching). Additionally, it is recommended that pregnant women avoid eating fatty fish due to the mercury content in fish.