

Omega-3 Supplements Market Growth | Trends, Benefits & Top Brands 2025 | DataM Intelligence

The Omega-3 Supplements Market is expected to reach at a CAGR of 9.59% during the forecast period 2025-2032.

AUSTIN, TX, UNITED STATES, June 6, 2025 /EINPresswire.com/ -- The [Omega-3 Supplements Market](#) was valued at USD 8.21 billion in 2024 and is expected to increase to USD 17.08 billion by 2032, with a compound annual growth rate (CAGR) of 9.59% between 2025 and 2032.

Market Overview:

Omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are essential nutrients that play a crucial role in cardiovascular health, cognitive function, and inflammation reduction. The growing prevalence of chronic diseases, such as cardiovascular disorders and cognitive decline, has heightened the demand for Omega-3 supplements worldwide.



The Omega-3 Supplements Market is booming, driven by rising health awareness, increasing chronic diseases, and demand for heart & brain health products worldwide."

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Market Drivers and Opportunities:

Several variables influence the market's growth trajectory:

Health Awareness: As the public becomes more aware of

the health advantages of Omega-3 fatty acids, customer demand for supplements rises.

Aging Population: The rising geriatric population globally is seeking preventive healthcare solutions, including Omega-3 supplementation, to manage age-related health issues.

Product Innovation: Companies are introducing innovative products, such as high-concentration Omega-3 supplements and plant-based alternatives like algae oil, to cater to diverse consumer preferences.

Regulatory Support: Health authorities, including the U.S. Food and Drug Administration (FDA), are endorsing Omega-3 supplementation for specific health benefits, further boosting consumer confidence.

Market Segmentation:

By Source:

Fish Oil

Krill Oil

Algae Oil

Others.

By Form:

Soft Gel Capsules

Liquid

Powder

Others.

By Type:

Organic

Conventional.

By Functionality:

Cardiovascular Health

Brain & Cognitive Health

Eye Health

Joint Health

Others.

By Distribution Channel:

Supermarkets/Hypermarkets

Convenience Stores

Specialty Stores

Online Stores

Others.

By End-User:

Adults

Pregnant Women

Children

Elderly

Others.

By Region:

North America

Latin America

Europe

Asia Pacific

Middle East

Africa.

Geographical Market Share:

North America dominates the Omega-3 supplement market, owing to strong consumer awareness and a well-established supplement sector. The United States, in particular, leads the region because to significant demand from health-conscious customers and extensive retail distribution networks.

The Asia-Pacific region is experiencing the fastest growth in the Omega-3 supplement market, thanks largely to strong demand from countries like Japan and India. This increase is fueled by higher disposable incomes, greater health awareness, and a rise in chronic health conditions in these areas.

Key Market Players:

Nordic Naturals Inc

RB Health (US) LLC

Aker BioMarine Human Ingredients AS

dsm-firmenich

NOW Foods

Pharmavite LLC

Carlson Labs

The Coromega Company

NutriGold Inc

Barlean's Organic Oils, LLC.

Recent Developments in the U.S. (2024–2025)

In October 2024, Groupe Berkem partnered with Arctic Bioscience to introduce B-Romega, an

innovative Omega-3 supplement tailored for the North American market. This product features herring caviar oil extract, rich in phospholipid Omega-3s and naturally occurring Specialized Pro-Resolving Mediators (SPMs).

In December 2024, Coromega introduced Coromega Max Gold, a potent new Omega-3 fish oil supplement. It provides a high daily dose of 3,000 mg of Omega-3s, comprising 1,560 mg of EPA and 1,060 mg of DHA. This pill promotes heart health, improves brain function, and keeps joints flexible.

Recent Developments in Japan (2024–2025)

Daewoong Bio released CRA-TG, a combination of the hyperlipidemia medicine rosuvastatin and Omega-3, in June 2024, with the goal of lowering patients' triglycerides. This medication broadens Daewoong Bio's hyperlipidemia therapeutic portfolio, demonstrating improved lipid profiles and tolerability.

In May 2024, NYO3 debuted Royal-boost Antarctic Krill Oil at Vitafoods Europe. This breakthrough product contains a unique water-soluble technology that improves your body's ability to absorb Omega-3, making its advantages more effective.

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Conclusion:

The Omega-3 supplement market is growing swiftly, driven by increasing health consciousness, an aging population, and continuous product innovation. With more consumers focusing on preventive healthcare, the demand for Omega-3 supplements is set to increase, presenting significant opportunities for businesses to expand their product lines and meet diverse customer needs.

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