

# Omega-3 Market Size Expected to Reach \$30.8 Billion by 2033

*Omega-3 market was valued at \$7.9 billion in 2023, and is projected to reach \$30.8 billion by 2033, growing at a CAGR of 14.7% from 2024 to 2033.*

WILMINGTON, DE, UNITED STATES, July 29, 2025 /EINPresswire.com/ -- The growth of the [Omega-3 market](#) is driven by increasing consumer awareness of its health benefits, expanding applications in dietary supplements and functional foods, technological advancements in extraction and product formulation, and strong regulatory support



Omega-3 fatty acids are a type of polyunsaturated fat that are essential for human health. They are termed "essential" because the body cannot produce them on its own, so they must be obtained through diet. Omega-3 fatty acids are crucial for brain function, as well as normal growth and development. They also have anti-inflammatory properties and are linked to numerous health benefits, including a reduced risk of heart disease.

Get a Sample PDF Report to understand our report before you purchase:

<https://www.alliedmarketresearch.com/request-sample/1680>

The Omega 3 market is segmented into type, source, application and region. On the basis of type, it is divided into ALA (alpha-linolenic acid) , DHA (docosahexaenoic acid) , and EPA (eicosapentaenoic acid) .?On the basis of source, it is classified into marine, nuts and seeds, vegetable oils, and soya & soya products. On the basis of application, it is classified into dietary supplements, pharmaceuticals, infant formulas, food & beverages, pet food and fish feed.? Region-wise, market is segmented into North America, Europe, Asia-Pacific, and LAMEA.

Based on type, it is divided into ALA (alpha-linolenic acid) , DHA (docosahexaenoic acid) , and EPA (eicosapentaenoic acid) .?Among these, DHA segment dominated the Omega 3 Industry share in

2023 and is expected to register the highest CAGR during the forecast period. Its significant health benefits, particularly for brain, eye, and cardiovascular health. It is a major component in prenatal and infant nutrition, with many infant formulas fortified with DHA to support brain and retinal development. The demand for DHA is also driven by its widespread use in dietary supplements and functional foods and beverages aimed at improving cognitive function, eye health, and heart health. The aging population's focus on maintaining cognitive function and cardiovascular health further boosts its consumption. Extensive scientific research supports DHA's benefits, increasing consumer awareness and demand, and health professionals often recommend DHA supplements. Additionally, regulatory approvals and positive health claims across multiple regions, along with innovations in production technologies such as algal oil production, have made DHA more accessible and sustainable, reinforcing its market dominance.

Make a Direct Purchase: <https://www.alliedmarketresearch.com/checkout-final/74288927a67463222053c7adfc9b4fc5>

Based on source, it is classified into marine, nuts and seeds, vegetable oils, and soya & soya products. Among these, marine segment dominated the market share in 2023 and is expected to register the highest CAGR during the forecast period. The marine segment dominates the omega-3 market share due to its high content of DHA and EPA, which are the most beneficial and bioavailable forms of omega-3 fatty acids. According to Omega-3 Market Analysis, these marine-derived omega-3s, found in sources such as fish oil, krill oil, and algal oil, are extensively studied and have well-documented health benefits, including improved heart health, reduced inflammation, enhanced brain function, and better eye health. Their wide availability in various forms, such as supplements and fortified foods, along with the popularity of seafood in many cultures, contributes to their high consumption. Regulatory approvals and health organization recommendations further encourage their use. Technological advancements in extraction and purification have improved the quality and sustainability of marine omega-3 products, making them more appealing to consumers. Rising awareness about the health benefits of DHA and EPA from marine sources, driven by marketing, education, and healthcare professionals' recommendations, also fuels demand.

On the basis of application, it is classified into dietary supplements, pharmaceuticals, infant formulas, food & beverages, pet food and fish feed. Among these, dietary supplement segment dominated the market share in 2023 and is expected to register the highest CAGR during the forecast period. According to Omega-3 Market Trend, the dietary supplement segment dominates the omega-3 market share due to high consumer demand for health products that offer well-documented benefits for heart health, brain function, and inflammation reduction. Supplements provide a convenient and accessible way to ensure adequate omega-3 intake without significant dietary changes. The market offers extensive product variety, including fish oil, krill oil, and algal oil supplements, catering to different preferences and dietary needs. Effective marketing and educational campaigns raise awareness about omega-3 benefits, while health professional recommendations further drive consumer trust and demand. The aging

population's focus on maintaining health and preventing age-related diseases also boosts consumption. Thus, increasing the Omega-3 Market Growth.

To Ask About Report Availability or Customization, Click Here:

<https://www.alliedmarketresearch.com/purchase-enquiry/1680>

Region-wise, market is segmented into North America, Europe, Asia-Pacific, and LAMEA. Among these, North America dominated the market share in 2023 and is expected to register the highest CAGR during the forecast period. The high consumer awareness and health consciousness about the benefits of omega-3 fatty acids for heart health, cognitive function, and inflammation reduction. The region's advanced healthcare infrastructure supports extensive research and development, leading to innovative and high-quality omega-3 products. According to Omega-3 Market Forecast, regulatory support and approvals from bodies like the FDA ensure product safety and efficacy, boosting consumer confidence. The robust dietary supplement industry in North America offers a wide range of omega-3 products, enhancing accessibility and consumption. The high prevalence of chronic diseases such as heart disease, obesity, and diabetes, which can be managed with omega 3 fish oil supplementation, also drives demand. Additionally, the rising trend of preventive healthcare and significant marketing and educational efforts by companies further increase consumer awareness and market growth. These factors collectively contribute to North America's leading position in the global omega-3 market, generating the Omega-3 Market Opportunities.

The key market players included in the Omega-3 market are LUHUA BIOMARINE (SHADONG) CO., LTD., Cargill, Inc., Croda International Plc., GC Reiber Oils, Olvea Fish Oils, Pharma Marine AS, Omega Protein Corporation, Royal DSM, FMC Corporation, Epax, Nuseed Global and Polaris.

### Key Findings Of The Study

By type, the DHS segment dominated the global market in 2023, and is expected to retain its dominance throughout the beer market forecast period.

By source, the marine segment lead in terms of market share and is expected to continue to grow with robust CAGR during the forecast period.

By application, the dietary supplement segment held the major share in the market in 2023, and is projected to remain dominant during the forecast period.?

By region, North America accounted for highest market share in 2023.

David Correa

Allied Market Research

+ 1 800-792-5285

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Facebook](#)

[YouTube](#)

[X](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/835048293>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.