

# Omega-3 Market to Hit \$30.8 Billion, Globally, by 2033 at 14.7% CAGR | Royal DSM, FMC Corporation, Epax

*Market is grow due to consumer awareness of the health benefits associated with omega-3 fatty acids, such as cardiovascular health & cognitive function support.*

WILMINGTON, DE, UNITED STATES, December 8, 2025 /EINPresswire.com/ -- According to the report, the [omega-3 market](#) was valued at \$7.9 billion in

2023, and is estimated to reach \$30.8 billion by 2033, growing at a CAGR of 14.7% from 2024 to 2033.



The omega-3 market has experienced robust growth driven by several key factors. Firstly, rising consumer awareness of the health benefits associated with omega-3 fatty acids, such as their role in supporting cardiovascular health, cognitive function, and overall well-being, has significantly expanded demand. Scientific research highlighting these benefits has further bolstered market growth by enhancing consumer confidence in omega-3 supplements and fortified foods. Moreover, demographic shifts, including an aging population increasingly focused on preventive healthcare, have fueled demand for omega-3 products. Moreover, the expanding application of omega-3 in pharmaceuticals, dietary supplements, infant nutrition, and functional foods has broadened its market penetration. Technological advancements in extraction methods and product formulation have improved the bioavailability and stability of omega-3 products, enhancing their appeal to consumers.

Furthermore, regulatory support and endorsements from health organizations advocating for increased omega-3 consumption have provided a favorable regulatory environment, encouraging market expansion. Lastly, the growing disposable incomes in emerging economies have created new opportunities for omega-3 product manufacturers to tap into previously underserved markets, driving global market growth. These factors collectively underscore the dynamic growth trajectory of the omega-3 market over recent years.

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.

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.

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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.

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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 oilsupplementation, 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 size](#) 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.

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