

Benefits of Fairhaven Health's PregnancyPlus Omega-3 Supported by Recent Study

Doctors typically recommend that pregnant women add an Omega-3 supplement to their prenatal care regimen due to recent research showing it may lead to longer gestation times and healthier birth weights. Fairhaven Health's PregnancyPlus Omega-3 offers a DHA-enriched formula optimized for pregnant women to help promote healthy fetal development and overall pregnancy wellness.

Bellingham, Washington ([PRWEB](#)) March 20, 2013 -- Physicians typically recommend that pregnant women include a source of Omega-3 fatty acid in their prenatal regimen, and the latest research further validates this advice. According to a double-blind study published online in *The American Journal of Clinical Nutrition*, [pregnant women who supplemented with DHA](#), an Omega-3 fatty acid that promotes neurological and cognitive development, experienced longer gestation times, healthier birth weights, and fewer premature births.

Previous studies also show that DHA supplementation promotes neurological and intellectual development, supports visual organs and the brain, increases cognitive function, and enhances visual learning and memory in infants and young children.

Fairhaven Health's [PregnancyPlus Omega-3](#), formulated by pregnancy and fertility expert Dr. Amos Grunebaum, MD, helps promote healthy fetal development and supports overall pregnancy wellness.

"I recommend that all of my patients include Omega-3 fatty acids as part of their prenatal supplementation regimen," Dr. Grunebaum said. "PregnancyPlus Omega-3 provides a pure, natural DHA-enriched formula to help promote your baby's fetal development."

PregnancyPlus Omega-3 is particularly well-suited for pregnant women for the following reasons:

- It contains molecularly distilled pharmaceutical-grade EPA and DHA sourced from small Icelandic fish such as sardines and anchovies to help ensure purity. (Oils derived from larger fish higher up the food chain tend to contain higher levels of mercury.)
- PregnancyPlus Omega-3 capsules are relatively small versus other Omega-3 supplements and contain a natural citrus flavor to eliminate any fishy aftertaste (important for women who may be experiencing morning sickness or who have sensitive stomachs).
- PregnancyPlus Omega-3 is comprised of an all-natural formula that contains no artificial flavors, colors, or preservatives

As for flavor, here are the thoughts of one popular blogger:

"Even though Fairhaven Health claims their PregnancyPlus Omega-3 doesn't have a fishy aftertaste, I was extremely nervous to give them a try," said Terri from the leading mom's blog [Ecocrazy Mom](#). "I can't stand the fishy aftertaste of a fish oil Omega-3, so I usually take flax-based supplements instead... I finally mustered up the courage to give them a try, and much to my surprise, there really wasn't any aftertaste at all! My cousin



also agrees there is no fish aftertaste, and had no problem taking the PregnancyPlus Omega-3 supplements, even on a sensitive stomach.”

About Fairhaven Health

[Fairhaven Health](#) is a leading provider of natural, doctor-designed products to promote fertility, pregnancy, and nursing health. They offer ovulation prediction tools, natural fertility supplements, prenatal vitamins, and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



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