

For The Mother



Replenish omega-3 fatty acid reserves in the body

May reduce postpartum depression



For The Baby



Omega 3 fatty acids (mainly DHA) are important for brain development

May improve cognitive development in infants





May improve vision

May reduce oxidative stress in breastfed babies





Source: https://www.momjunction.com/articles/is-it-safe-to-consume-fish-oil-duringbreastfeeding_00121247/