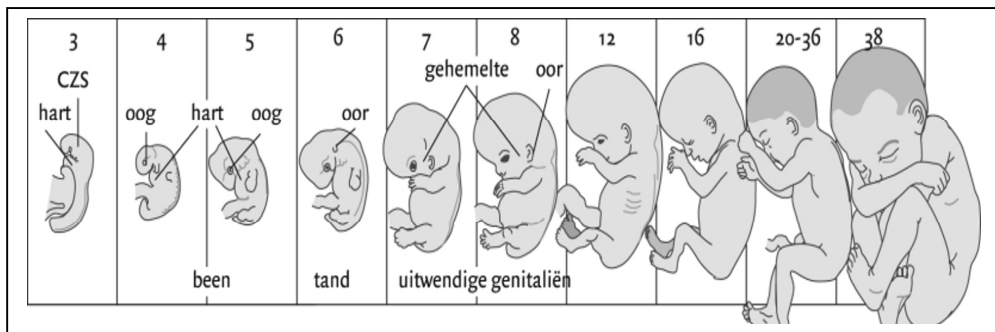


ALA is nodig voor een normale groei en ontwikkeling van je kind.



Onderzoeken/Bronnen:

Middleton P, Gomersall JC, Gould JF, Shepherd E, Olsen SF, Makrides M. Omega-3 fatty acid addition during pregnancy. Cochrane Database Syst Rev.2018;11:CD003402.

[Omega-3 fatty acid addition during pregnancy - PubMed](#)

Makrides M, Best K, Yelland L, McPhee A, Zhou SJ, Quinlivan J, et al. A randomized trial of prenatal omega-3 fatty acid supplementation and preterm delivery (ORIP trial). New England Journal of Medicine. 2019;381:1035-45.

[A Randomized Trial of Prenatal n-3 Fatty Acid Supplementation and Preterm Delivery - PubMed](#)

Carlson SE, Gajewski BJ, Valentine CJ, Kerling EH, et al. Higher dose docosahexaenoic acid supplementation during pregnancy and early preterm birth: A randomised, double-blind, adaptive-design superiority trial. EClinicalMedicine. 2021;36:100905.

[Higher dose docosahexaenoic acid supplementation during pregnancy and early preterm birth: A randomised, double-blind, adaptive-design superiority trial - PubMed](#)

Simmonds LA, Sullivan TR, Skubisz M, Middleton PF, Best KP, Yelland LN, et al. Omega-3 fatty acid supplementation in pregnancy – baseline omega-3 status and early preterm birth: exploratory analysis of a randomised controlled trial (ORIP). BJOG. 2020;27(8):975-981.

[Omega-3 fatty acid supplementation in pregnancy-baseline omega-3 status and early preterm birth: exploratory analysis of a randomised controlled trial - PubMed](#)