

Omega-3 Market By Type (ALA (alpha-linolenic acid) , DHA (docosahexaenoic acid) , EPA (eicosapentaenoic acid)) , By Source (marine, nuts and seeds, vegetable oils, soya & soya products) By Application (dietary supplements, pharmaceuticals, infant formulas, food & beverages, pet food and fish feed) : Global Opportunity Analysis and Industry Forecast, 2024-2033

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Abstracts

The 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.

Omega-3 fatty acids, also known as healthy fats or unsaturated fats, are a pivotal part of the cell membrane playing a key role in providing structure and supporting interactions between cells. These fatty acids are predominantly concentrated in eyes and brain. As humans cannot produce sufficient omega-3 for survival, it is essential to have a balanced meal; for instance, fatty fish such as salmon and mackerel, chia seeds, and flaxseed are rich in omega-3. These fatty acids exhibit multiple health benefits such as they play a key role in lowering triglyceride levels, thereby reducing the risk of cardiovascular diseases and supporting cognitive function.

The growth of the global omega-3 market is majorly driven by increase in awareness of the benefits of omega-3 fatty acids in preventing chronic diseases like heart disease, improving brain function, and supporting overall well-being. According to a study conducted by the Fatty Acids and Outcomes Research (FORCE) consortium, individuals with higher levels of seafood-derived omega-3 are at a 8% lower risk of

developing chronic kidney disease. A study published by the American Heart Association in 2019 found that regular consumption of omega-3 fatty acids can reduce the risk of coronary heart disease by up to 15%. These studies highlight that omega-3 supplementation, combined with a balanced diet, plays a crucial role in cardiovascular health management. Moreover, rise in the use of dietary supplements, particularly in developed countries, has contributed to the growing demand for omega-3 products. Moreover, omega-3s are being incorporated into a wide range of functional foods & beverages, such as fortified dairy, juices, and snacks, which significantly contributes toward the growth of the global market. Sustainable sourcing of omega-3s, particularly from marine ecosystems, has led to the development of eco-friendly products, including algae-based alternatives, further driving the demand among environmentally conscious consumers. However, high cost associated with omega-3 extraction, particularly from marine sources such as fish or algae, due to processing, purification, and sustainability concerns, hampers the growth of the market. In addition, overfishing of marine resources used for omega-3 extraction, especially fish oil, raises environmental concerns, which significantly restrains the growth of the global market.

The global omega 3 market is segmented into type, source, application, and region. On the basis on type, it is divided into ALA (alpha-linolenic acid), DHA (docosahexaenoic acid), and EPA (eicosapentaenoic acid). Depending on 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, the market is segmented into North America, Europe, Asia-Pacific, and LAMEA.?

Key Findings

On the basis of type, the DHA segment is expected to dominate the omega-3 market from 2024 to 2033.

Depending on source, the marine segment is anticipated to exhibit the highest growth during the forecast period.

On the basis of application, the dietary supplement segment is projected to lead the market by 2033.

Region wise, North America is likely to emerge as the most lucrative market for omega-3 in the coming future.

Competition Analysis

Competitive analysis and profiles of the major players in the global omega-3 market include 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. These major players have adopted various key development strategies such as business expansion, new product launches, and partnerships to sustain the intense competition and gain a strong foothold in the global market.

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Manufacturing Capacity

End user preferences and pain points

Consumer Preference and Product Specifications

Expanded list for Company Profiles

Key Market Segments

By Type

ALA (alpha-linolenic acid)

DHA (docosahexaenoic acid)

EPA (eicosapentaenoic acid)

By Source

marine

nuts and seeds

vegetable oils

soya soya products

By Application

dietary supplements

pharmaceuticals

infant formulas

food beverages

pet food and fish feed

By Region

North America

U.S.

Canada

Mexico

Europe

France

Germany

Italy

Spain

UK

Russia

Rest of Europe

Asia-Pacific

China

Japan

India

South Korea

Australia

Thailand

Malaysia

Indonesia

Rest of Asia-Pacific

LAMEA

Brazil

South Africa

Saudi Arabia

UAE

Argentina

Rest of LAMEA

Key Market Players

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

Polaris.

Contents

CHAPTER 1: INTRODUCTION

- 1.1. Report Description
- 1.2. Key Market Segments
- 1.3. Key Benefits
- 1.4. Research Methodology
 - 1.4.1. Primary Research
 - 1.4.2. Secondary Research
 - 1.4.3. Analyst Tools and Models

CHAPTER 2: EXECUTIVE SUMMARY

- 2.1. CXO Perspective

CHAPTER 3: MARKET LANDSCAPE

- 3.1. Market Definition and Scope
- 3.2. Key Findings
 - 3.2.1. Top Investment Pockets
 - 3.2.2. Top Winning Strategies
- 3.3. Porter's Five Forces Analysis
 - 3.3.1. Bargaining Power of Suppliers
 - 3.3.2. Threat of New Entrants
 - 3.3.3. Threat of Substitutes
 - 3.3.4. Competitive Rivalry
 - 3.3.5. Bargaining Power among Buyers
- 3.4. Market Dynamics
 - 3.4.1. Drivers
 - 3.4.2. Restraints
 - 3.4.3. Opportunities

CHAPTER 4: OMEGA-3 MARKET, BY TYPE

- 4.1. Market Overview
 - 4.1.1 Market Size and Forecast, By Type
- 4.2. ALA (alpha-linolenic Acid)
 - 4.2.1. Key Market Trends, Growth Factors and Opportunities

- 4.2.2. Market Size and Forecast, By Region
- 4.2.3. Market Share Analysis, By Country
- 4.3. DHA (docosahexaenoic Acid)
 - 4.3.1. Key Market Trends, Growth Factors and Opportunities
 - 4.3.2. Market Size and Forecast, By Region
 - 4.3.3. Market Share Analysis, By Country
- 4.4. EPA (eicosapentaenoic Acid)
 - 4.4.1. Key Market Trends, Growth Factors and Opportunities
 - 4.4.2. Market Size and Forecast, By Region
 - 4.4.3. Market Share Analysis, By Country

CHAPTER 5: OMEGA-3 MARKET, BY SOURCE

- 5.1. Market Overview
 - 5.1.1 Market Size and Forecast, By Source
- 5.2. Marine
 - 5.2.1. Key Market Trends, Growth Factors and Opportunities
 - 5.2.2. Market Size and Forecast, By Region
 - 5.2.3. Market Share Analysis, By Country
- 5.3. Nuts And Seeds
 - 5.3.1. Key Market Trends, Growth Factors and Opportunities
 - 5.3.2. Market Size and Forecast, By Region
 - 5.3.3. Market Share Analysis, By Country
- 5.4. Vegetable Oils
 - 5.4.1. Key Market Trends, Growth Factors and Opportunities
 - 5.4.2. Market Size and Forecast, By Region
 - 5.4.3. Market Share Analysis, By Country
- 5.5. Soya Soya Products
 - 5.5.1. Key Market Trends, Growth Factors and Opportunities
 - 5.5.2. Market Size and Forecast, By Region
 - 5.5.3. Market Share Analysis, By Country

CHAPTER 6: OMEGA-3 MARKET, BY APPLICATION

- 6.1. Market Overview
 - 6.1.1 Market Size and Forecast, By Application
- 6.2. Dietary Supplements
 - 6.2.1. Key Market Trends, Growth Factors and Opportunities
 - 6.2.2. Market Size and Forecast, By Region

- 6.2.3. Market Share Analysis, By Country
- 6.3. Pharmaceuticals
 - 6.3.1. Key Market Trends, Growth Factors and Opportunities
 - 6.3.2. Market Size and Forecast, By Region
 - 6.3.3. Market Share Analysis, By Country
- 6.4. Infant Formulas
 - 6.4.1. Key Market Trends, Growth Factors and Opportunities
 - 6.4.2. Market Size and Forecast, By Region
 - 6.4.3. Market Share Analysis, By Country
- 6.5. Food Beverages
 - 6.5.1. Key Market Trends, Growth Factors and Opportunities
 - 6.5.2. Market Size and Forecast, By Region
 - 6.5.3. Market Share Analysis, By Country
- 6.6. Pet Food And Fish Feed
 - 6.6.1. Key Market Trends, Growth Factors and Opportunities
 - 6.6.2. Market Size and Forecast, By Region
 - 6.6.3. Market Share Analysis, By Country

CHAPTER 7: OMEGA-3 MARKET, BY REGION

- 7.1. Market Overview
 - 7.1.1 Market Size and Forecast, By Region
- 7.2. North America
 - 7.2.1. Key Market Trends and Opportunities
 - 7.2.2. Market Size and Forecast, By Type
 - 7.2.3. Market Size and Forecast, By Source
 - 7.2.4. Market Size and Forecast, By Application
 - 7.2.5. Market Size and Forecast, By Country
 - 7.2.6. U.S. Omega-3 Market
 - 7.2.6.1. Market Size and Forecast, By Type
 - 7.2.6.2. Market Size and Forecast, By Source
 - 7.2.6.3. Market Size and Forecast, By Application
 - 7.2.7. Canada Omega-3 Market
 - 7.2.7.1. Market Size and Forecast, By Type
 - 7.2.7.2. Market Size and Forecast, By Source
 - 7.2.7.3. Market Size and Forecast, By Application
 - 7.2.8. Mexico Omega-3 Market
 - 7.2.8.1. Market Size and Forecast, By Type
 - 7.2.8.2. Market Size and Forecast, By Source

7.2.8.3. Market Size and Forecast, By Application

7.3. Europe

7.3.1. Key Market Trends and Opportunities

7.3.2. Market Size and Forecast, By Type

7.3.3. Market Size and Forecast, By Source

7.3.4. Market Size and Forecast, By Application

7.3.5. Market Size and Forecast, By Country

7.3.6. France Omega-3 Market

7.3.6.1. Market Size and Forecast, By Type

7.3.6.2. Market Size and Forecast, By Source

7.3.6.3. Market Size and Forecast, By Application

7.3.7. Germany Omega-3 Market

7.3.7.1. Market Size and Forecast, By Type

7.3.7.2. Market Size and Forecast, By Source

7.3.7.3. Market Size and Forecast, By Application

7.3.8. Italy Omega-3 Market

7.3.8.1. Market Size and Forecast, By Type

7.3.8.2. Market Size and Forecast, By Source

7.3.8.3. Market Size and Forecast, By Application

7.3.9. Spain Omega-3 Market

7.3.9.1. Market Size and Forecast, By Type

7.3.9.2. Market Size and Forecast, By Source

7.3.9.3. Market Size and Forecast, By Application

7.3.10. UK Omega-3 Market

7.3.10.1. Market Size and Forecast, By Type

7.3.10.2. Market Size and Forecast, By Source

7.3.10.3. Market Size and Forecast, By Application

7.3.11. Russia Omega-3 Market

7.3.11.1. Market Size and Forecast, By Type

7.3.11.2. Market Size and Forecast, By Source

7.3.11.3. Market Size and Forecast, By Application

7.3.12. Rest Of Europe Omega-3 Market

7.3.12.1. Market Size and Forecast, By Type

7.3.12.2. Market Size and Forecast, By Source

7.3.12.3. Market Size and Forecast, By Application

7.4. Asia-Pacific

7.4.1. Key Market Trends and Opportunities

7.4.2. Market Size and Forecast, By Type

7.4.3. Market Size and Forecast, By Source

- 7.4.4. Market Size and Forecast, By Application
- 7.4.5. Market Size and Forecast, By Country
- 7.4.6. China Omega-3 Market
 - 7.4.6.1. Market Size and Forecast, By Type
 - 7.4.6.2. Market Size and Forecast, By Source
 - 7.4.6.3. Market Size and Forecast, By Application
- 7.4.7. Japan Omega-3 Market
 - 7.4.7.1. Market Size and Forecast, By Type
 - 7.4.7.2. Market Size and Forecast, By Source
 - 7.4.7.3. Market Size and Forecast, By Application
- 7.4.8. India Omega-3 Market
 - 7.4.8.1. Market Size and Forecast, By Type
 - 7.4.8.2. Market Size and Forecast, By Source
 - 7.4.8.3. Market Size and Forecast, By Application
- 7.4.9. South Korea Omega-3 Market
 - 7.4.9.1. Market Size and Forecast, By Type
 - 7.4.9.2. Market Size and Forecast, By Source
 - 7.4.9.3. Market Size and Forecast, By Application
- 7.4.10. Australia Omega-3 Market
 - 7.4.10.1. Market Size and Forecast, By Type
 - 7.4.10.2. Market Size and Forecast, By Source
 - 7.4.10.3. Market Size and Forecast, By Application
- 7.4.11. Thailand Omega-3 Market
 - 7.4.11.1. Market Size and Forecast, By Type
 - 7.4.11.2. Market Size and Forecast, By Source
 - 7.4.11.3. Market Size and Forecast, By Application
- 7.4.12. Malaysia Omega-3 Market
 - 7.4.12.1. Market Size and Forecast, By Type
 - 7.4.12.2. Market Size and Forecast, By Source
 - 7.4.12.3. Market Size and Forecast, By Application
- 7.4.13. Indonesia Omega-3 Market
 - 7.4.13.1. Market Size and Forecast, By Type
 - 7.4.13.2. Market Size and Forecast, By Source
 - 7.4.13.3. Market Size and Forecast, By Application
- 7.4.14. Rest of Asia-Pacific Omega-3 Market
 - 7.4.14.1. Market Size and Forecast, By Type
 - 7.4.14.2. Market Size and Forecast, By Source
 - 7.4.14.3. Market Size and Forecast, By Application
- 7.5. LAMEA

- 7.5.1. Key Market Trends and Opportunities
- 7.5.2. Market Size and Forecast, By Type
- 7.5.3. Market Size and Forecast, By Source
- 7.5.4. Market Size and Forecast, By Application
- 7.5.5. Market Size and Forecast, By Country
- 7.5.6. Brazil Omega-3 Market
 - 7.5.6.1. Market Size and Forecast, By Type
 - 7.5.6.2. Market Size and Forecast, By Source
 - 7.5.6.3. Market Size and Forecast, By Application
- 7.5.7. South Africa Omega-3 Market
 - 7.5.7.1. Market Size and Forecast, By Type
 - 7.5.7.2. Market Size and Forecast, By Source
 - 7.5.7.3. Market Size and Forecast, By Application
- 7.5.8. Saudi Arabia Omega-3 Market
 - 7.5.8.1. Market Size and Forecast, By Type
 - 7.5.8.2. Market Size and Forecast, By Source
 - 7.5.8.3. Market Size and Forecast, By Application
- 7.5.9. UAE Omega-3 Market
 - 7.5.9.1. Market Size and Forecast, By Type
 - 7.5.9.2. Market Size and Forecast, By Source
 - 7.5.9.3. Market Size and Forecast, By Application
- 7.5.10. Argentina Omega-3 Market
 - 7.5.10.1. Market Size and Forecast, By Type
 - 7.5.10.2. Market Size and Forecast, By Source
 - 7.5.10.3. Market Size and Forecast, By Application
- 7.5.11. Rest of LAMEA Omega-3 Market
 - 7.5.11.1. Market Size and Forecast, By Type
 - 7.5.11.2. Market Size and Forecast, By Source
 - 7.5.11.3. Market Size and Forecast, By Application

CHAPTER 8: COMPETITIVE LANDSCAPE

- 8.1. Introduction
- 8.2. Top Winning Strategies
- 8.3. Product Mapping Of Top 10 Player
- 8.4. Competitive Dashboard
- 8.5. Competitive Heatmap
- 8.6. Top Player Positioning, 2023

CHAPTER 9: COMPANY PROFILES

9.1. LUHUA BIOMARINE (SHADONG) CO., LTD.

- 9.1.1. Company Overview
- 9.1.2. Key Executives
- 9.1.3. Company Snapshot
- 9.1.4. Operating Business Segments
- 9.1.5. Product Portfolio
- 9.1.6. Business Performance
- 9.1.7. Key Strategic Moves and Developments

9.2. Cargill, Inc.

- 9.2.1. Company Overview
- 9.2.2. Key Executives
- 9.2.3. Company Snapshot
- 9.2.4. Operating Business Segments
- 9.2.5. Product Portfolio
- 9.2.6. Business Performance
- 9.2.7. Key Strategic Moves and Developments

9.3. Croda International Plc.

- 9.3.1. Company Overview
- 9.3.2. Key Executives
- 9.3.3. Company Snapshot
- 9.3.4. Operating Business Segments
- 9.3.5. Product Portfolio
- 9.3.6. Business Performance
- 9.3.7. Key Strategic Moves and Developments

9.4. GC Reiber Oils

- 9.4.1. Company Overview
- 9.4.2. Key Executives
- 9.4.3. Company Snapshot
- 9.4.4. Operating Business Segments
- 9.4.5. Product Portfolio
- 9.4.6. Business Performance
- 9.4.7. Key Strategic Moves and Developments

9.5. Olvea Fish Oils

- 9.5.1. Company Overview
- 9.5.2. Key Executives
- 9.5.3. Company Snapshot
- 9.5.4. Operating Business Segments

- 9.5.5. Product Portfolio
- 9.5.6. Business Performance
- 9.5.7. Key Strategic Moves and Developments
- 9.6. Pharma Marine AS
 - 9.6.1. Company Overview
 - 9.6.2. Key Executives
 - 9.6.3. Company Snapshot
 - 9.6.4. Operating Business Segments
 - 9.6.5. Product Portfolio
 - 9.6.6. Business Performance
 - 9.6.7. Key Strategic Moves and Developments
- 9.7. Omega Protein Corporation
 - 9.7.1. Company Overview
 - 9.7.2. Key Executives
 - 9.7.3. Company Snapshot
 - 9.7.4. Operating Business Segments
 - 9.7.5. Product Portfolio
 - 9.7.6. Business Performance
 - 9.7.7. Key Strategic Moves and Developments
- 9.8. Royal DSM
 - 9.8.1. Company Overview
 - 9.8.2. Key Executives
 - 9.8.3. Company Snapshot
 - 9.8.4. Operating Business Segments
 - 9.8.5. Product Portfolio
 - 9.8.6. Business Performance
 - 9.8.7. Key Strategic Moves and Developments
- 9.9. FMC Corporation
 - 9.9.1. Company Overview
 - 9.9.2. Key Executives
 - 9.9.3. Company Snapshot
 - 9.9.4. Operating Business Segments
 - 9.9.5. Product Portfolio
 - 9.9.6. Business Performance
 - 9.9.7. Key Strategic Moves and Developments
- 9.10. Epax, Nuseed Global
 - 9.10.1. Company Overview
 - 9.10.2. Key Executives
 - 9.10.3. Company Snapshot

- 9.10.4. Operating Business Segments
- 9.10.5. Product Portfolio
- 9.10.6. Business Performance
- 9.10.7. Key Strategic Moves and Developments
- 9.11. Polaris.
 - 9.11.1. Company Overview
 - 9.11.2. Key Executives
 - 9.11.3. Company Snapshot
 - 9.11.4. Operating Business Segments
 - 9.11.5. Product Portfolio
 - 9.11.6. Business Performance
 - 9.11.7. Key Strategic Moves and Developments

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