

# Omega-3 Fatty Acids Market Opportunity, Growth Drivers, Industry Trend Analysis, and Forecast 2025 - 2034

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## Abstracts

The Global Omega-3 Fatty Acids Market was valued at USD 3.2 billion in 2024 and is estimated to grow at a CAGR of 3.6% to reach USD 4.8 billion by 2034.

The expanding body of scientific research highlighting the health advantages of omega-3 fatty acids is a major driver of market growth. With over 40,000 peer-reviewed studies on EPA and DHA, including thousands of clinical trials confirming their positive effects on cardiovascular, brain, and eye health, consumer awareness continues to rise. Increasing public awareness of preventive health and nutrition is fueling demand for omega-3 supplements, particularly those targeting heart and cognitive health. The broader interest in functional and fortified food products further propels the market, as food and beverage manufacturers integrate omega-3 ingredients into everyday items such as baked goods, dairy, and beverages. The move toward incorporating omega-3 into daily nutrition rather than relying solely on dietary supplements is expanding market applications and supporting long-term growth prospects across regions.

The algal-derived omega-3 segment is expected to grow at a CAGR of 3.9% through 2034, driven by strong consumer interest in sustainable and plant-based sources. The rapid advancement of microalgae cultivation technologies and increasing awareness of environmental concerns have boosted this category's appeal. Algal oil offers a cleaner and more concentrated source of EPA and DHA, enabling smaller doses and eliminating issues such as the fishy odor often associated with traditional marine-based omega-3 products. This advantage is helping plant-based alternatives gain greater traction in both dietary supplements and fortified food formulations.

In 2024, the general wellness and dietary supplements held a 24% share, reflecting

strong consumer acceptance of omega-3 products for maintaining overall health and preventing chronic conditions. These categories continue to benefit from high accessibility through retail and online channels, although the clinical efficacy among different generic products remains variable. Functional foods and fortification represented around 16% of the market, supported by ongoing product innovation as manufacturers incorporate omega-3 into beverages, bakery items, and dairy products to meet consumer demand for nutritious and convenient options.

United States Omega-3 Fatty Acids Market was valued at USD 781.3 million in 2024 and is projected to reach USD 1.1 billion by 2034. North America represents a mature market environment, characterized by well-established supplement consumption habits and heightened consumer awareness of health and wellness benefits. The United States leads the regional market, holding around 83% of North American sales, supported by extensive retail distribution, direct-to-consumer marketing, and medical professional recommendations. The regulatory landscape in the U.S. remains stable, and consumer confidence is reinforced through FDA oversight and GRAS (Generally Recognized as Safe) certifications for omega-3 ingredients.

Key participants in the Global Omega-3 Fatty Acids Market include DSM-Firmenich, BASF SE, Croda International, Aker BioMarine, Archer Daniels Midland, Cargill, Corbion, Omega Protein Corporation, Epax, and KD Pharma Group. Leading players in the Omega-3 Fatty Acids Market are pursuing strategic initiatives to strengthen their market positions and expand global reach. Many are focusing on sustainable sourcing by investing in algal-based omega-3 production to reduce dependence on marine resources. Companies are also enhancing product quality through advanced purification technologies and optimizing EPA/DHA concentration levels to meet diverse consumer needs. Strategic mergers, acquisitions, and partnerships are helping major manufacturers expand supply networks and enter new regional markets.

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