

Study on omega-3 DHA enriched foods to enhance public health in Saudi Arabia

18 April 2025 | News

The study was made possible with the sponsorship of Mara Renewables Corporation, a global leader in microalgae fermentation and omega-3 DHA production



The study was made possible with the sponsorship of Mara Renewables Corporation, a global leader in microalgae fermentation and omega-3 DHA production

In a significant advancement for public health, the results of the landmark Human Nutritional Intervention Study led by King Abdulaziz University in Jeddah, Saudi Arabia, in collaboration with RCSI University of Medicine and Health Sciences in Dublin, Ireland, are unveiled.

The study was made possible with the sponsorship of Mara Renewables Corporation, a global leader in microalgae fermentation and omega-3 DHA production, and through close collaboration with leading omega-3 DHA-enriched chicken and egg producers from the Kingdom of Saudi Arabia.

Entitled "Long-chain Omega-3-PUFAs Dietary Intakes and Blood Levels Currently and in Response to Enriched Foods Amongst Saudi Adults" the study addressed a critical public health issue: the widespread deficiency of the omega-3 fatty acid DHA, an essential fatty acid vital for brain development in children and for aiding in the protection against heart disease, strokes, depression, and dementia in later life.

The study, involving 80 healthy Saudi adults, monitored the effects of consuming omega-3 DHA-enriched chicken and eggs. These products were sourced from Tanmiah Food Company and Arabian Farms and enriched using Mara Renewables Corporation's Humanativ 'OmegaPro™', a sustainable microalgae-based source of omega-3 DHA. Participants consumed these enriched foods four times per week over four months. The Omega-3 status of participants was measured using their Omega-3 Index. It is better to have a higher Omega-3 Index.