Who takes Omega-3s?

of U.S. adult supplement users take omega-3 supplements

By generation

8% Generation Y

I4% Generation X

24% Boomers

24% Elders

24% of Elder supplements users take omega-3 supplements

By gender



19% of both male and female supplement users take omega-3 supplements

SOURCE: Council for Responsible Nutrition (CRN) www.crnusa.org/CRNconsumersurvey/2014