Table I. Characteristics of the women in PREWICE II. Data is presented as means ± std. deviation or ratios. Fatty acid data are presented as medians and percentiles (10-90).

		(*n* = 853)
Age, years		30.3 ± 4.9
Pre-pregnancy BMI[1], kg/m^2		25.8 ± 5.7
BMI ≥ 25 kg/m^2, %		47
Total weight gain[2], kg		12.3 ± 5.5
Weight gain in pregn., kg/week[3]		0.49 ± 0.2
Parity[4], %		
	0	44
	1	36
	≥ 2	20
Education[5], %		
	Elementary school	11
	Technical/High school	30
	University education	35
	Higher academic	24
Marital status[6], %		
	Married	24
	Living together	71
	Single	5
Smoking[7], %		
before pregnancy	Yes	14
during pregnancy	Yes	5
Total concentration, μg/ml		
EPA		19 (11-37)
DHA		74 (52-102)
EPA+DHA		94 (66-135)
Relative concentration, %		
EPA		0.7 (0.4-1.3)
DHA		2.7 (2.0-3.5)
EPA+DHA		3.4 (2.5-4.7)

[1] Information on pre-pregnancy BMI is missing for 22 women.
[2] Information on weight gain is missing for 45 women. Total weight gain is the difference between measured weight at first and last maternal care visit.
[3] Weekly weight gain is the total weight gain divided by number of weeks between first and last maternal care visit.
[4] Information on parity is missing for 6 women.
[5] Information on education is missing for 5 women.
[6] Information on marital status is missing for 21 women.
[7] Information on smoking is missing for 6 women.BMI: Body mass index. PREWICEII: Pregnant women in Iceland II.

Table II. FFQ reported weekly intake of foods at 11th - 14th week of pregnancy and correlations[1] with total (µg/ml) and relative (%) EPA and DHA concentrations. Data presented as medians and percentiles (10th-90th).

FFQ, Frequency per week	(n=853)				
	median (10^{th}-90^{th} percentile)	Total EPA+DHA Correlation	P	Ratio[2] EPA+DHA Correlation	P
All fish and Omega 3 supplements	7.5 (1.0-16.3)	0.34	<0.001	0.41	<0.001
All fish, cod liver oil and Omega 3[4]	3.3 (0.9-14.7)	0.37	<0.001	0.46	<0.001
All fish	1.3 (0.4-3.0)	0.24	<0.001	0.28	<0.001
Fish, lean	1.0 (0.1-2.5)	0.18	<0.001	0.23	<0.001
Fish, fatty	0.3 (0.1-1.0)	0.24	<0.001	0.28	<0.001
Any omega 3 supplements	7.0 (0.4-14.2)	0.28	<0.001	0.35	<0.001
Cod liver oil and Omega 3 oil/capsules[4]	0.7 (0.3-14.0)	0.31	<0.001	0.40	<0.001
Cod liver oil	0.1 (0.1-7.0)	0.21	<0.001	0.27	<0.001
Omega-3 oil/capsules	0.2 (0.2-7.1)	0.19	<0.001	0.25	<0.001
Maternal multi-vitamin	0.1 (0.1-7.0)	0.01	0.835	0.001	0.977

[1] Spearman correlation.
[2] Relative FA concentrations as a ratio of total fatty acids.
[3] Does not contain the maternal multi vitamin.
FFQ: Food frequency questionnaire.

Table III. Total and relative concentrations of EPA + DHA stratified by intake frequency for fish. Data presented as frequency and rates as well as medians and percentiles (10th-90th).

		N, %	EPA+DHA, µg/ml	EPA+DHA, %
All fish	≥2 a week	35.1	100 (71-142)	3.7 (2.7-5.1)
	1 monthly - 1 weekly	55.9	90 (66-131)	3.3 (2.5-4.6)
	Never	9.0	87 (60-118)	3.0 (2.2-4.1)
	P[1]		**<0.01**	**<0.01**
Fish, lean	≥1 weekly	59.0	98 (70-139)	3.6 (2.6-4.9)
	1 monthly - <1x weekly	29.7	87 (64-128)	3.3 (2.5-4.6)
	Never	11.3	89 (62-132)	3.1 (2.3-4.5)
	P[1]		**<0.01**	**<0.01**
Fish, fatty	≥1 weekly	22.5	103 (68-144)	3.7 (2.8-5.2)
	1 monthly - <1x weekly	42.0	97 (70-137)	3.5 (2.7-4.9)
	Never	35.5	86 (61-122)	3.1 (2.4-4.3)
	P[1]		**<0.01**	**<0.01**

[1] Kruskal Wallis test used to compare differences.

EPA: Eicosapentaenoic acid. DHA: Docosahexaenoic acid. FFQ: Food frequency questionnaire.

Table IV. Median and relative values of EPA and DHA for women taking different omega-3 supplements daily or more compared to those taking them less then daily or never.

median (10th-90th percentile)		N, %	EPA+DHA, µg/ml	EPA+DHA, %[1]
Total Omega-3 supplements[3]	≥ Daily	50.4	102 (70-148)	3.7 (2.7-5.3)
	< Daily	12.5	89 (64-120)	3.3 (2.4-4.2)
	never	37.0	86 (62-118)	3.1 (2.4-4.0)
	P[2]		**<0.01**	**<0.01**
Cod liver and Omega 3 oil/capsules	≥ Daily	39.7	105 (72-151)	3.9 (2.8-5.5)
	< Daily	12.1	91 (66-128)	3.4 (2.5-4.5)
	never	48.2	87 (62-118)	3.1 (2.4-4.0)
	P[2]		**<0.01**	**<0.01**
Cod liver oil/capsules	≥ Daily	18.8	108 (76-157)	4.0 (3.0-5.6)
	< Daily	10.4	93 (66-128)	3.4 (2.6-4.7)
	never	70.8	91 (64-129)	3.3 (2.5-4.5)
	P[2]		**<0.01**	**<0.01**
Omega-3 oil/capsules	≥ Daily	27.5	103 (70-145)	3.8 (2.8-5.2)
	< Daily	6.8	92 (71-144)	3.5 (2.5-4.7)
	never	65.7	90 (64-130)	3.3 (2.5-4.4)
	P[2]		**<0.01**	**<0.01**
Maternal multivitamin	≥ Daily	17.1	98 (65-134)	3.4 (2.6-0.5)
	< Daily	5.3	88 (65-125)	3.2 (2.4-4.3)
	never	77.6	93 (66-136)	3.4 (2.5-4.8)
	P[2]		0.25	0.41

[1] Relative FA concentrations as a ratio of total fatty acids.
[2] Kruskal Wallis test used to compare differences.
EPA: Eicosapentaenoic acid. DHA: Docosahexaenoic acid.

Table V. The amount of EPA and DHA provided by the most used omega-3 supplements in Iceland according to information on the package.[1]

	Icelandic Maternal multivitamin	**Cod liver oil**	**Omega n-3 oil**
(mg)			
EPA	150	114	160
DHA	100	150	100

[1] Based on recommended daily intake of each supplement.
EPA: Eicosapentaenoic acid. DHA: Docosahexaenoic acid.