

One research draws attention to the possible benefits of prenatal DHA supplementation, especially in Black American children's asthma risk reduction process. The statistics point to a 32% relative decrease in the risk of wheeze or asthma in the kids of women who took DHA supplements against those who did not, therefore suggesting a potential preventive strategy (Keenan et al., 2024). Non-pharmaceutical and maybe rather successful in controlling asthma risk in early life, this preventative strategy consists of natural compounds improving gut health (Wawryk-Gawda et al., 2021).