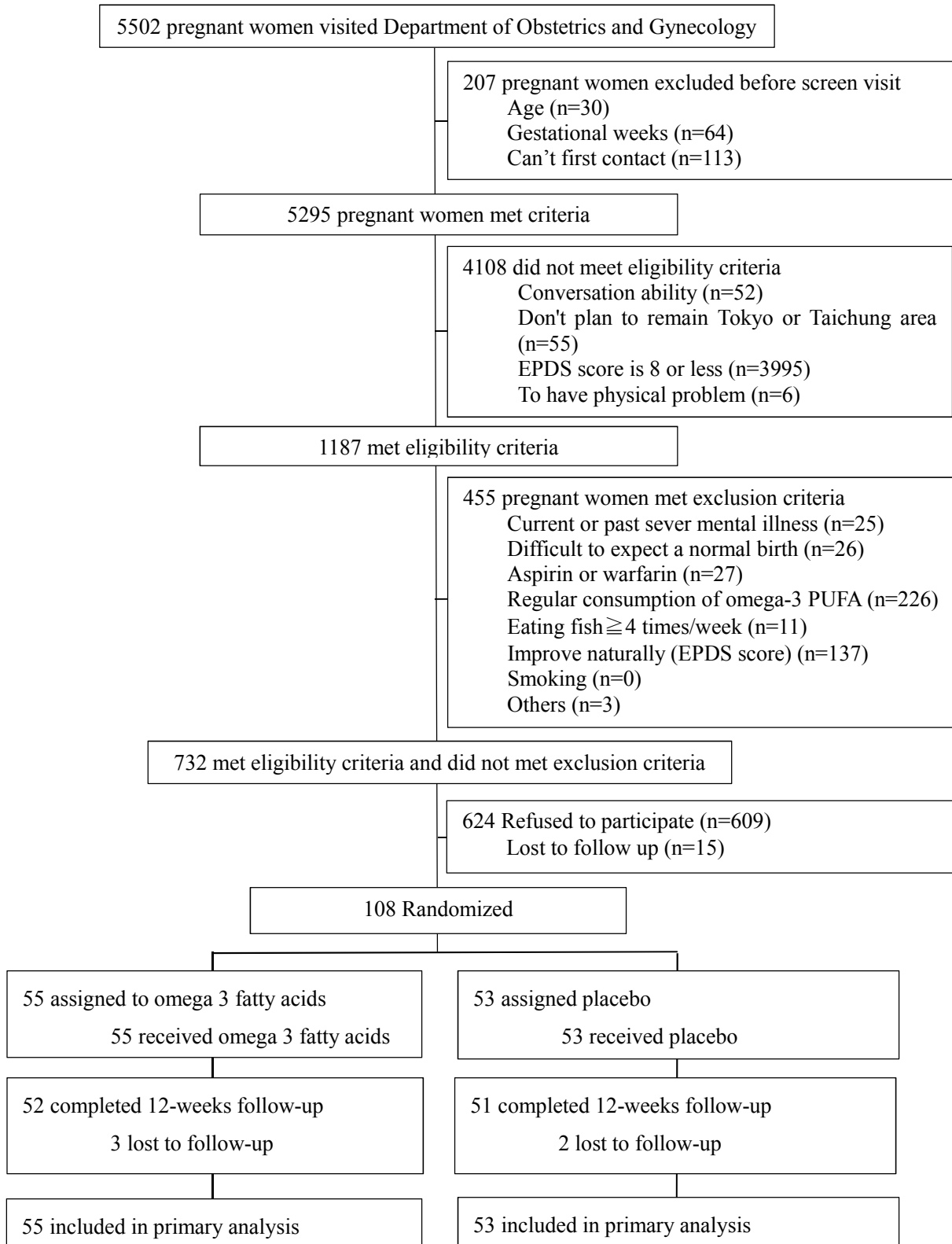


Supplement Figure. Enrollment of Study Participants



Supplement table 1. Baseline demographic characteristics

	Omega 3 group	Placebo group	P-value for difference
Age (mean)	32.3	32.5	0.89
Married (%)	83.6	84.9	0.86
Gestation week (mean)	18.7	18.2	0.51
Smoking (cigarettes/day, mean)	0.3	0.2	0.60
University or higher education (%)	61.8	66.0	0.69
Previous childbirth (%)	41.8	58.5	0.08
Previous diagnosis of depression (%)	18.2	17.0	0.87
HAMD (mean)	9.96	10.89	0.33
MDD diagnosis, n (%)	27.3	30.2	0.74
EPA (percent, mean)	0.73	0.76	0.80
DHA (percent, mean)	5.71	5.63	0.70

Supplement table 2. Fatty acids levels (percent) in plasma between baseline and 12-week follow-up

	Overall		Site 1		Site 2		Site 3	
	Omega-3	placebo	Omega-3	placebo	Omega-3	placebo	Omega-3	placebo
Baseline								
EPA	0.73 (0.58)	0.76 (0.62)	1.08 (0.87)	0.58 (0.23)	0.84 (0.50)	1.32 (0.94)	0.52 (0.31)	0.57 (0.35)
DHA	5.71 (1.08)	5.63 (1.09)	6.31 (1.08)	5.50 (0.87)	6.23 (0.90)	6.80 (1.00)	5.21 (0.92)	5.14 (0.78)
AA	9.14 (1.52)	9.18 (1.56)	8.53 (1.56)	7.58 (1.01)	9.00 (1.14)	9.49 (1.32)	9.49 (1.60)	9.72 (1.41)
12 weeks after the supplementation								
EPA	2.19 (1.19)*	0.76 (0.85)*	2.88 (1.01)*	0.77 (0.49)*	2.84 (1.43)*	0.76 (0.32)*	1.54 (0.71)*	0.75 (1.13)*
DHA	6.49 (1.19)*	5.09 (0.94)*	7.10 (0.99)*	5.20 (0.94)*	7.10 (1.25)*	5.67 (0.92)*	5.90 (0.95)*	4.76 (0.83)*
AA	8.07 (1.30)	8.19 (1.37)	7.63 (0.86)	7.46 (1.25)	7.70 (0.93)	8.28 (1.37)	8.45 (1.52)	8.48 (1.36)

*, p<0.01