



[HEADLINES](#) [TOPICS](#) [PRODUCT NEWS](#) [HEALTH CONDITIONS](#) [PRODUCTS](#) [JOBS](#) [EVENTS](#)

Search

[HEADLINES](#) > [RESEARCH](#)

Follow @NutraEurope 2,683 followers

Subscribe to the Newsletter

Text size Print Forward

11

5

0

0

Tweet

Like

Share

Omega-3 backed for postpartum depression

26-Nov-2012

Post a comment

Related tags: postpartum depression, omega-3, depression, pregnancy, PUFA, fish oil

Related topics: Omega-3, Research, Nutritional lipids and oils, Cognitive and mental function, Maternal & infant health

Increasing the levels of omega-3 fatty acids could help to battle postpartum depression, according to a new review.

The suggestions come after the new review – published in the *Canadian Journal of Psychiatry* – found that women who are at risk of depression during childbearing years could be at higher risk if omega-3 status is lowered.

Led by Gabriel Shapiro from the University of Montreal, Canada, the authors examined 75 studies investigating the risk factors for postpartum depression (PPD), finding that there is accumulating evidence that omega-3 polyunsaturated fatty acid (PUFA) intake is associated with risk of PPD.

"The literature shows that there could be a link between pregnancy, omega-3 and the chemical reaction that enables serotonin, a mood regulator, to be released into our brains," explained Shapiro.

She noted that because omega-3 is transferred from the mother to her foetus and later to her breastfeeding infant, maternal omega-3 levels decrease during pregnancy, and remain lowered for at least six-weeks following the birth.

Without adequate intake to counter this, levels of omega-3 PUFAs will be significantly lowered in the mother, and could – according to the new review – result in a higher risk of PPD.

"Many women could bring their omega-3 intake to recommended levels,"

said Shapiro.

However, she added that the study findings were preliminary, and that further research would be



RELATED NEWS:

[DHA omega-3 may lower anxiety risk](#)

[Can omega-3 supplements reduce soldier suicide rates?](#)

[Omega-3 supplementation backed for depression in elderly](#)

[Omega-3's anti-inflammatory potential shows in overweight people](#)

[Marine omega-3s may reduce depressive symptoms: Study](#)



MOST POPULAR NEWS

- 1 Tea consumption linked to lower diabetes risk: Unilever study
- 2 Green tea compound may help reduce blood sugar
- 3 New EFSA health claims chief: Probiotics can win claims within "one or two years"
- 4 December 14, 2012: EU health claims doomsday? Er, not really...
- 5 Vitamin D supplements backed to slash diabetic heart disease risk

VISIT US AT

SupplySide[®]
West
Global Expo and Conference

NOVEMBER 5 - 9
BOOTH #31078

KAPPA BIOSCIENCE

KEY INDUSTRY EVENTS

Probiotech & Microbiota 2013
Brussels / Conference

05-Feb-2013



needed to clarify the link and identify reasons for it.

Source: *Canadian Journal of Psychiatry*

Volume 57, Number 11, Pages 704-712, doi:

"Emerging Risk Factors for Postpartum Depression: Serotonin Transporter Genotype and Omega-3 Fatty Acid Status"

Authors: Gabriel D Shapiro, William D Fraser, Jean R Séguin,

Copyright - Unless otherwise stated all contents of this web site are © 2012 - William Reed Business Media SAS - All Rights Reserved - Full details for the use of materials on this site can be found in the [Terms & Conditions](#)

Get more articles like this in your mailbox:

Your email

Sign up

[Post a comment](#)

[read more](#)

[Access all events listing](#)

PRODUCTS

WILD Vegeceuticals™ Raises The Bar on Great Tasting Vegetable Extracts!
Wild

MenaQ7: Revolutionary Vitamin Enhances Bone and Heart Health
NattoPharma

Bringing Innovation Inside.
Biofortis

Whey Protein Hydrolysates - an athlete's secret weapon
Arla Foods Ingredients

DHAid™ - Vegetarian DHA for Cardiovascular Health
Lonza Ltd

HydroColla™ Hydrolyzed Fish Collagen
Fenchem

[View All Products](#)

On demand **Supplier Webinars**

Omega 3: Concentrate on what matters
Croda Europe

Do more with dairy – in nutritious yogurt and cheese
Mintel / DuPont Nutrition & Health

Imaginative omega 3 solutions: Incrome™ 3mulsion DHA
Croda Europe

[All supplier webinars](#)

TODAY'S HEADLINES



Equateq, Cognis and Pronova: "Each are complementary", says BASF



Global healthy foods to hit \$1 trillion in 2017: Report



Omega-3 backed for postpartum depression

Could a corn by-product provide industry with new 'stealth health' ingredient?

WEEKLY / DAILY FREE NEWSLETTER

- FoodNavigator.com**
Food & Beverage Development - Europe
- FoodNavigator-USA.com**
Food & Beverage Development - North America
- FoodNavigator-Asia.com**
Food, Beverage & Supplement Development - Asia Pacific
- NutraIngredients.com**
Supplements & Nutrition - Europe

- DairyReporter.com**
Dairy Processing & Markets
- BeverageDaily.com**
Beverage Technology & Markets
- ConfectioneryNews.com**
Confectionery & Biscuit Processing
- BakeryAndSnacks.com**
Industrial Baking & Snacks
- GlobalMeatNews.com**

OTHER NEWSLETTERS

- Science & Nutrition Research
- Food legislation
- Food Finance
- Innovations in Food Ingredients
- Innovations in Food Processing and Packaging
- Innovations in Food Safety & Instrumentation

[NutraIngredients-USA.com](#)
Supplements & Nutrition - North America

[FoodProductionDaily.com](#)
Food Processing & Packaging

[FoodQualityNews.com](#)
Food Safety & Quality Control

[Global Trading and Meat Processing](#)

[FoodManufacture.co.uk](#)
The Information Resource for Food and Drink Processing

[Food Industry & Consumer Trends](#)

[Food Marketing and Retailing](#)

FREE E-MAIL ALERTS

Antioxidants, carotenoids

Fibres and carbohydrates

Probiotics and prebiotics

Bone & joint health

Diabetes

Immune system

Weight management

Cosmeceuticals

Minerals

Proteins, peptides, amino acids

Cancer risk reduction

Energy & endurance

Maternal & infant health

Women's health

Dairy-based ingredients

Nutritional lipids and oils

Soy-based ingredients

Cardiovascular health

Eye health

Respiratory health

Dosage forms

Phytochemicals, plant extracts

Vitamins & premixes

Cognitive and mental function

Gut health

Skin health

Free subscription now!

RELATED SITES FROM OUR TEAM

Food & Beverage: Food & Beverage Development - Europe | Food & Beverage Development - North America | Food, Beverage & Supplement Development - Asia Pacific | Food Marketing and Retailing | Food and Beverage Processing and Packaging | Food Safety & Quality Control | Industrial Baking & Snacks | Beverage Technology & Markets | Confectionery & Biscuit Processing | Dairy Processing & Markets | Global Trading and Meat Processing | Food jobs - Europe **Nutrition:** Supplements & Nutrition - Europe | Supplements & Nutrition - North America **Pharmaceuticals:** Pharmaceutical Industry | Contract Research, Manufacturing & Clinical Trials **Cosmetics:** Cosmetics Formulation & Packaging in North America | Cosmetics Formulation & Packaging in Europe | Cosmetics Formulation & Packaging in Asia-Pacific

[About us](#) | [Site map](#) | [All sites](#) | [Recommend this Site](#) | [Advertise](#) | [Contact the Editor](#) | [Terms & Conditions](#) | [Privacy and Cookie Policy](#)