Omega-3s May Potentially Reduce the Risk of Postpartum Depression

Michelle O'Sullivan  February 17, 2017

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(Newswire.net -- February 17, 2017) Orlando, FL -- Pregnancy is a delicate and complicated stage in a woman’s life. It is a life-changing process that can bring so many challenges and joy to women. While pregnancy can be tough, the challenge doesn’t end after labor. As a matter of fact, many new mothers experience mood disorders after giving birth to their child.

Omega-3s may potentially reduce the risk of postpartum depression, which is considered to be a serious illness. Postpartum depression can cause moderate to severe depression symptoms. This includes severe mood swings, guilt, confusion, sadness, hopelessness, sleeping and eating disturbances, as well as suicidal thoughts.

“Omega-3 fatty acids can be found in fish but can also be consumed through supplementation,” said VitaBreeze Supplements spokesperson, Michelle O’Sullivan.

In the Experimental Biology 2011 meeting in Washington, D.C., the findings of a small study about omega-3 fats were presented. According to the study, consumption of omega-3 fatty acids during pregnancy may reduce the risk of developing symptoms associated with postpartum depression.

During the first few weeks after the baby delivery, new mothers often experience symptoms of baby blues. These symptoms include insomnia, mood swings, and overwhelming feeling, which often do not last long.

Omega-3s have been associated with a myriad of health benefits, especially on cardiovascular health. These healthy fats are also thought to be essential in the neurological development and growth of a fetus. There are actually prenatal vitamins than contain a type of omega-3 fatty acids called docosahexaenoic acid (DHA).

In a new study, the researchers had 52 pregnant women and they were made to take placebo pills or fish oil capsules, which contains 300 milligrams of DHA. They received the treatment during their 24th to 40th weeks of pregnancy.

A postpartum depression screening scale was used to measure the symptoms of depression within two weeks, six weeks, three months, and six months after the delivery.

It was found that the subjects who received the fish oil supplements experienced significantly lesser postpartum depression symptoms than those in the placebo group. They were also less likely to have reported anxiety symptoms.

According to Michelle Price Judge, PhD, RD, a faculty member at the University of Connecticut School of Nursing, consumption of regulated amounts of DHA during pregnancy may reduce postpartum depression symptoms.

Studies are still underway to validate the efficacy of omega-3 fats in fighting symptoms of the condition. As of the moment, more and more people are turning to the use fish oil supplements to obtain the therapeutic effects of omega-3s.

(amazon.com/fish-oil-omega-3-supplements/dp/B00O8NS20K)

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