

Omega-3s and Your Mental Health Pregnancy, Postpartum and Beyond

- EPA and DHA, the long-chain Omega-3 fatty acids, can help you cope more effectively with the stresses of new motherhood. They can also help prevent postpartum depression
- American women typically do not get enough EPA and DHA in their diets
- Pregnant and breastfeeding women are often especially low since their babies need these fatty acids for their developing nervous systems
- Women need to limit how much fish they eat (the main source of EPA/DHA) while pregnant or breastfeeding because of contaminants
- Contaminant-free sources of EPA and DHA are available in a variety of supplements and fortified foods



Where to Find EPA/ DHA supplements that are Safe for Pregnant and Breastfeeding Women

Pharmaceutical-Grade Fish Oil (EPA & DHA)

Carlson Labs (www.CarlsonLabs.com)
Vital Nutrients (www.VitalNutrients.net)

Brands of over-the-counter fish-oil supplements verified by the U.S. Pharmacopeia (www.usp.org)

Berkley & Jensen, Equaline, Kirkland Signature, Nature Made, NutriPlus

Vegetarian DHA Supplements

Nature's Way DHA (www.NaturesWay.com)
O-mega-Zen-3 (www.Nutru.com)

Prescription prenatal supplements with DHA

OptiNate ([First Horizons Pharmaceutical](http://www.FirstHorizonsPharmaceutical.com))
Citracal Prenatal + DHA ([Mission Pharmaceutical](http://www.MissionPharmaceutical.com))

DHA-Fortified Foods

DHA-fortified eggs ([Gold Circle Farms](http://www.GoldCircleFarms.com))

How Much You Should Take

- 200-400 mg of DHA is the recommended minimum daily dose for prevention of depression
- 1 gram of EPA is recommended for treatment of depression (often in combination with DHA and/or medications)



For more information on depression in new mothers or the science of Omega-3s and depression, visit www.BreastfeedingMadeSimple.com

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