

### ***P73: Dietary supplements in postpartum depression***

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**Introduction:** Postpartum depression (PPD) affects about 15% of recent mothers, being one of the causes nutritional deficiencies, which can, sometimes, be addressed using food supplementation.

**Objectives:** Gather more information about food supplements that can be used in the PPD. Identify the main supplements/substances used in this pathology and look for scientific evidence.

**Materials and Methods:** Fill of 160 questionnaires by professionals working in Pharmacies, Drug stores and Health food/Dietary of Aveiro and Porto municipalities, which intended to collect data on supplements advised in DPP and contraindications (CI) / interactions of these. The final phase involved the search for scientific evidence in databases.

**Results and Discussion:** The food supplements/substances most mentioned by the sample were omega 3 and 6 (9.33 – 28%), Centrum woman (8.33 – 25%) and 5-HTP (8 – 24%), whereas valerian (4.67 – 14%) was the elected one, as far as plants are concerned. The most indicated CI was breastfeeding (12 – 23.53%) and the drug interactions were with antidepressants and anticoagulants (9 – 17.65%).

Imbalances in the amounts of vitamins, minerals and other substances ingested during or after pregnancy may lead to the occurrence of PPD. According to the evidence, the use of vitamin supplements during pregnancy can prevent the occurrence of postpartum depressive states. The mineral supplements and other substances relate to the prevention and monotherapy or adjunctive therapy of PPD.

**Conclusion:** There are few studies on the use of dietary supplements in the PPD and the results of these existing studies are, sometimes, controversial. The use of food supplements may decrease the probability of PPD symptoms or even be combined in the treatment.

#### **References**

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