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(54) Title: WELLBEING SUPPLEMENT FOR POSTPARTUM MATERNAL NUTRITION

(57) Abstract: The present disclosure relates generally to methods and nutritional compositions for promoting or maintaining postpartum maternal health. The nutritional composition can include sialyllactose, a source of long chain polyunsaturated fatty acids ("LCPU-FAs"), a probiotic, such as *Lactobacillus rhamnosus* GG (LGG), a nut extract, turmeric, fenugreek calcium and/or vitamin D. The nutritional composition is suitable for administration to postpartum mothers. Additionally, the disclosure provides methods for preventing or reducing the severity of postpartum depression and/or anxiety. The nutritional composition(s) provided herein can comprise various combinations of ingredients that provide additive and/or synergistic beneficial health effects to postpartum mothers.

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