What is claimed is:

1. Bovine spleen peptide powder for use in alleviating or treating depression in a subject.

2. The bovine spleen peptide powder of claim 1, wherein the bovine spleen peptide powder is at a concentration of no more than 250 μg/mL.

3. The bovine spleen peptide powder of any one of claims 1-2, wherein the bovine spleen peptide powder is at a concentration of 62.5-250 μg/mL.

4. The bovine spleen peptide powder of any one of claims 1-3, wherein the bovine spleen peptide powder is formulated with a pharmaceutically acceptable carrier into a pharmaceutically acceptable dosage form; preferably, the pharmaceutically acceptable dosage form is an oral liquid, a capsule, a powder, a tablet, a granule, a pill, a syrup, a suppository or an injection.

5. The bovine spleen peptide powder of claim 4, wherein the pharmaceutically acceptable dosage form is a dosage form to be administered orally, subcutaneously, intramuscularly or intraperitoneally; preferably, pharmaceutically acceptable dosage form is a dosage form to be administered orally.

6. The bovine spleen peptide powder of any one of claims 1-5, wherein the subject is a vertebrate.

7. The bovine spleen peptide powder of any one of claims 1-6, wherein the subject

is fish, a mammal, cyclostomata, an amphibian, a reptile or an avian; preferably, the subject is fish or a mammal; more preferably, the subject is a zebrafish or humans.

8. The bovine spleen peptide powder of any one of claims 1-7, wherein polypeptides in the bovine spleen peptide powder are present in an amount of 195.8 mg/g.

9. The bovine spleen peptide powder of any one of claims 1-8, wherein polypeptide molecules in the bovine spleen peptide powder have molecular weights of less than 17KD.

10. The bovine spleen peptide powder of any one of claims 1-9, wherein amino acids in the bovine spleen peptide powder are present in an amount of 444.5 mg/g.