CLAIMS

What is claimed is:

1. Use of a nutritional composition in the manufacture of a medicament for preventing or reducing the severity of postpartum depression and/or anxiety in a postpartum mother, wherein the nutritional composition comprises sialyllactose, a long chain polyunsaturated fatty acid (LCPUFA) and a probiotic.

2. Use of the nutritional composition according to claim 1, wherein the nutritional composition further comprises one or more ingredients selected from the group consisting of fenugreek, turmeric, nut extract, calcium, vitamin D and mixtures thereof.

3. Use of the nutritional composition according to claim 1 or claim 2, wherein the sialyllactose is present in an amount of 7 to 10 g per serving of the nutritional composition.

4. Use of the nutritional composition according to any one of claims 1 to 3, wherein the sialyllactose comprises 3'-Sialyllactose, 6'-Sialyllactose, or a combination of 3'-Sialyllactose and 6'-Sialyllactose.

5. Use of the nutritional composition according to any one of claims 1 to 4, wherein the LCPUFA is present in an amount of 150 mg to 200 mg/serving of the nutritional composition.

6. Use of the nutritional composition according to any one of claims 1 to 5, wherein the LCPUFA comprises docosahexaenoic acid (DHA).

7. Use of the nutritional composition according to any one of claims 1 to 6, wherein the probiotic is present in an amount of up to 1.5×10^{10} cfu per serving of the nutritional composition.

8. Use of the nutritional composition according to any one of claims 1 to 7, wherein the probiotic comprises *Lactobacillus rhamnosus* GG (LGG).

9. Use of the nutritional composition according to any one of claims 1 to 8, wherein the nutritional composition is in the form of a liquid or a powder.

10. Use of the nutritional composition according to claim 9, wherein the liquid nutritional composition is selected from the group consisting of a dairy-based drink, a fruit juice-based drink and a nut milk-based drink.