CLAIMS

What is claimed is:

1. A nutritional composition for supporting the health of a postpartum mother, comprising sialyllactose, a long chain polyunsaturated fatty acid (LCPUFA) and a probiotic.

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

3. The nutritional composition of claim1 or claim 2, wherein the nutritional composition further comprises fenugreek, turmeric, and a nut extract.

4. The nutritional composition of any of the previous claims, wherein the sialyllactose is present in an amount of about 7 to 10 g per serving of the nutritional composition.

5. The nutritional composition of any of the previous claims, wherein the sialyllactose comprises 3'-Sialyllactose, 6'-Sialyllactose, or a combination of 3'-Sialyllactose and 6'-Sialyllactose.

6. The nutritional composition of any of the previous claims, wherein the LCPUFA is present in an amount of about 150 mg to about 200 mg/serving of the nutritional composition.

7. The nutritional composition of any of the previous claims, wherein the LCPUFA comprises docosahexaenoic acid (DHA).

8. The nutritional composition of any of the previous claims, wherein the probiotic is present in an amount of up to about 1.5×10^{10} cfu per serving of the nutritional composition.

9. The nutritional composition of any of the previous claims, wherein the probiotic comprises *Lactobacillus rhamnosus* GG (LGG).

10. The nutritional composition of any of claims 2 to 9, wherein the fenugreek is present in an amount of up to about 1500 mg per serving of the nutritional composition.

11. The nutritional composition of any of claims 2 to 10, wherein the turmeric is present in an amount sufficient to provide up to 50 mg total curcuminoids per serving of the nutritional composition.

12. The nutritional composition of any of claims 2 to 11, wherein the nut extract is present in an amount up to about 1.5 oz per serving of the nutritional composition.

13. The nutritional composition of any of claims 2 to 12, wherein the calcium is present in an amount of about 500 to about 1000 mg per serving of the nutritional composition.

14. The nutritional composition of any of claims 2 to 13, wherein the vitamin D is present in an amount of about 800 to about 1000 IU per serving of the nutritional composition.

15. The nutritional composition of any of the previous claims, wherein the nutritional composition is in the form of a liquid or a powder.

16. The nutritional composition of claim 15, 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.

17. The nutritional composition of claim 16, wherein the dairy-based drink is a yogurt drink.

18. The nutritional composition of any of claims 15 to 17, wherein the liquid is packaged as a 6 to 7 oz serving and/or wherein the nutritional composition has 60-80 kcal/serving.

19. Use of a nutritional composition in the manufacture of a medicament for supporting the health of a postpartum mother, wherein the nutritional composition comprises the nutritional composition of any of claims 1 to 18.

20. 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 the nutritional composition of any of claims 1 to 18.