

## Omega-3 May Offset Depression

In that the link between omega-3 fatty acids and mood is complicated and study findings to-date mixed, University of Pavia (Italy) researchers add data suggesting that the nutrients may ameliorate the symptoms of depression.

Mariangela Rondanelli and colleagues recruited 46 depressed senior women at a nursing home in Pavia and randomly assigned each to receive omega-3 supplements, or a placebo, for two months. The depressed women who received daily supplements containing 2.5 grams of omega-3 experienced significant reductions in their symptoms. Further, omega-3 supplements providing a daily EPA (eicosapentaenoic acid) dose of 1.67 grams and a daily DHA (docosahexaenoic acid) dose of 0.83 grams significantly improved self-reported quality of life. No adverse effects were reported. The researchers conclude that: "Supplementation of [omega-3 fatty acids] in elderly female patients reduces the occurrence of depressive symptoms, improves phospholipids fatty acids profile and health-related quality of life."

---

Mariangela Rondanelli, A. Giacosa, A. Opizzi, C. Pelucchi and C. La Vecchia, et al. "Long chain omega 3 polyunsaturated fatty acids supplementation in the treatment of elderly depression: Effects on depressive symptoms, on phospholipids fatty acids profile and on health-related quality of life." *J Nutrition, Health & Aging*. 2011, Volume 15, Number 1, Pages 37-44.