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Women's Health

A Matched Cohort Study of Postpartum Placentophagy in Women With a History of Mood Disorders: No Evidence for Impact on Mood, Energy, Vitamin B₁₂ Levels, or Lactation

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Abstract

Objective

Although empirical studies investigating its effects are postponed, placentophagy postpartum is increasing in popularity because of purported benefits on mood, energy, [lactation](#) , and overall [nutrition](#) . Therefore, this study would suggest that (1) less depressive symptoms, (2) more energy, (3) higher vitamin B₁₂ levels, and (4) less pharmaceutical lactation support during the postpartum than women who did not consume their placenta (non-placentophagy exposed [NE]).

Methods

Using a wide, longitudinal study of PEG-related effects with a history of [mood disorders](#) , the study investigators identified with PE cohort and matched them 4: 1 (by [psychiatric diagnosis](#) , [psychotropic](#) medication use, [supplementation](#) , income, and age) with an NE cohort from the same dataset. The study investigated differences between PE and NE cohorts with respect to scores on the [Edinburgh Postnatal Depression Scale](#) and Sleep-Wake Activity Inventory, vitamin B₁₂ levels, and the use of pharmaceutical lactation support (Canadian Taskforce Classification II-2).

results

The sample of 138 women (28 in the PE cohort, matched to 110 in the NE cohort) provided 80% power at $\alpha = 0.0125$ to detect an effect of moderate magnitude (which can be used to approximate an effect of clinically significant magnitude). There were no differences in Edinburgh [Postnatal Depression](#) Scale or Sleep-Wake Activity Inventory Scales ($P = 0.28$ and $P = 0.39$, respectively), vitamin B₁₂ levels ($P = 0.68$), or [domperidone](#) use ($P = 1$) between the PE and NE Cohorts.

Conclusion

Postdoctoral support for placentophagy improves mood, energy, lactation, plasma vitamin B₁₂ levels in women with a history of mood disorders.

summary

Goal

Although empirical studies on the subject are rare, postpartum placentophagia is gaining popularity because of its alleged beneficial effects on mood, energy, lactation and nutrition in general. The purpose of this study was to test the hypothesis that women who consume placenta (exposed to placentophagy [PE]) have 1) fewer depressive symptoms; 2) more energy; 3) higher levels of vitamin B₁₂ and 4) lower use of postpartum lactation stimulating drugs compared to women who do not consume placenta (not exposed to placentophagia [NE]).

Methodology

Using data from a major longitudinal study of the impacts of gene-environment interactions in peri-female women with a history of mood disorders, the researchers created an EP cohort and associated each woman with four PEs. NE women (matched by psychiatric diagnosis, psychotropic use, supplementation, income and age) as part of the same dataset. The study looked at the differences between the PE and NE cohorts for the Edinburgh Postpartum Depression Scale and Sleep-Wake Activity Inventory, vitamin B₁₂ and vitamin E levels . use of lactation stimulating drugs (Canadian Task Force Classification II-2).

Results

The sample of 138 women (28 in the EP cohort and 110 in the NE cohort) had a power of 80% for $\alpha = 0.0125$ in the detection of a moderate effect (which can be used to estimate a clinically significant effect). There was no difference between the PE cohort and the NE cohort in the Edinburgh Postpartum Depression Scale scores or the Sleep-Wake Activity Inventory scales ($P = 0.28$ and $P = 0.39$, respectively), vitamin B₁₂ levels ($P = 0.68$), or domperidone use ($P = 1$).

Conclusion

These data do not support the idea that postpartum placentophagy improves mood, energy, lactation, or plasma vitamin B₁₂ levels in women with a history of mood disorders.

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Key Words

Placentophagy; placenta; postpartum depression; lactation; postpartum energy; vitamin B₁₂

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