

Participant selection, pre-screening and
baseline data collection (6 months)

Select, inform and enrol
participating general practices (n=20)



Pre-screen potential participants aged 70-79
years for diabetes and dementia using clinic
records and computer identifier programme



*Exclude: individuals with
diabetes or dementia*

Write to ~4500 pre-screened potential participants
inviting them to attend general practice



*Exclude: daily fish oil
supplement consumers*

Pre-intervention clinic attendance
Screen for possible dementia (MMSE <24)



*Exclude: individuals
with MMSE <24*

Request full informed consent
for cognitive function testing
Enrol and randomly allocate to
intervention or control arm (n=399 each)



Carry-out baseline
cognitive function testing



Initiate dietary intervention



Placebo

Intervention



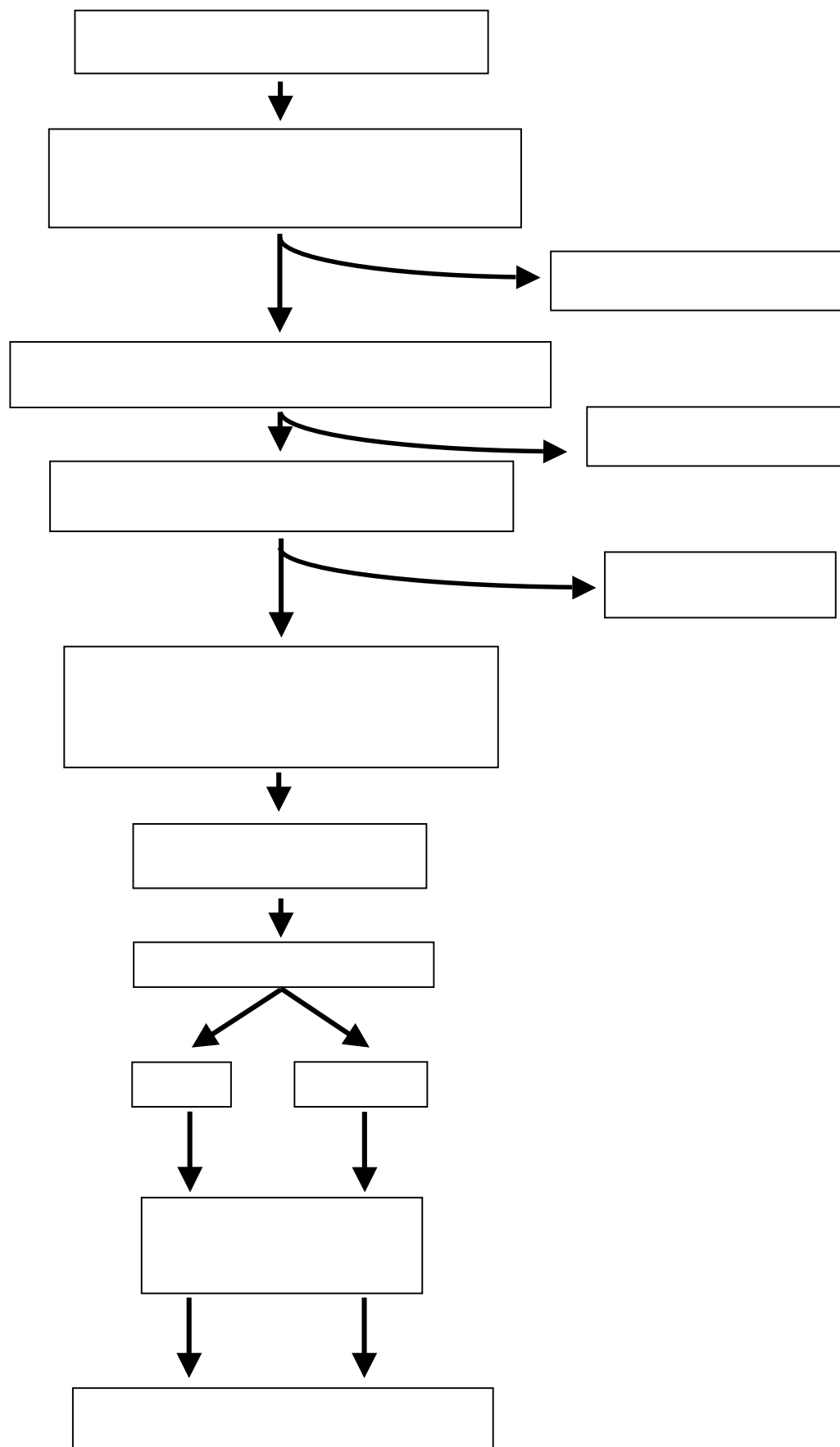
7x3-monthly repeat visits
to distribute supplements
and monitor compliance



Carry-out post-intervention
cognitive function testing at 24 months

Intervention (24 months)

Participant selection, pre-screening and
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Intervention (24 months)

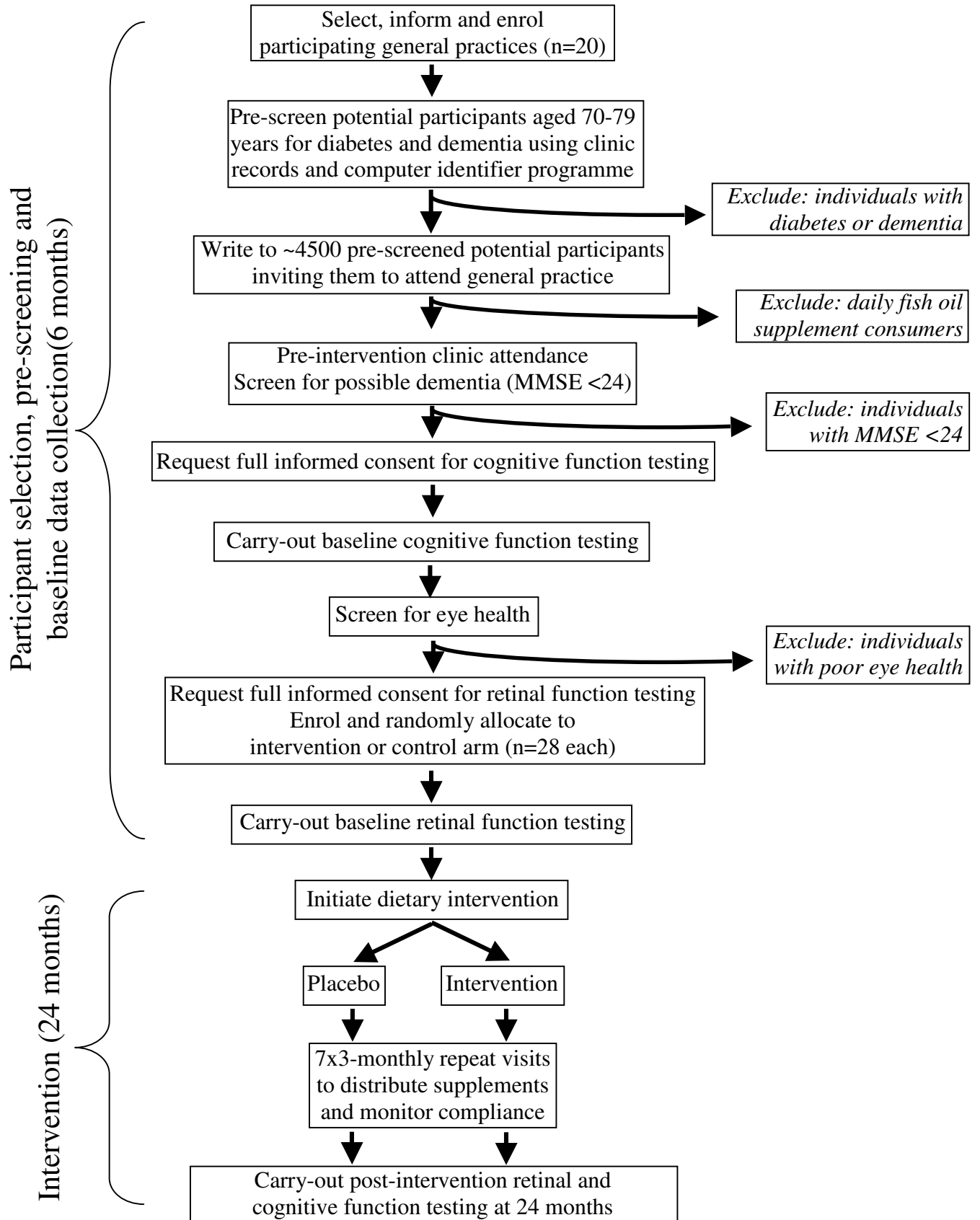


Figure 2