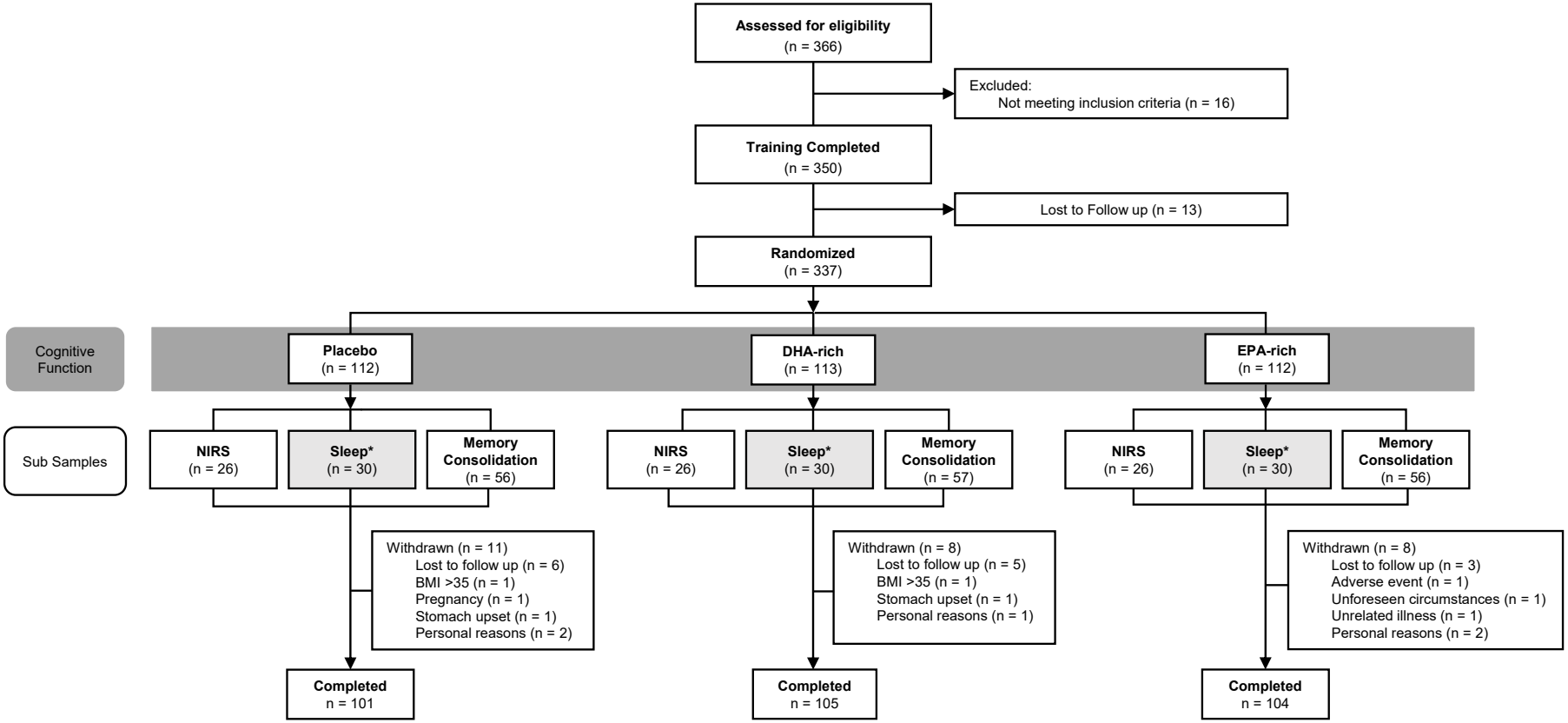
Assessed for eligibility
(n = 366)
Excluded:
Not meeting inclusion criteria (n = 16)
Training Completed
(n = 350)
Lost to Follow up (n = 13)
Randomized
(n = 337)
Cognitive Function
Placebo
(n = 112)
DHA-rich
(n = 113)
EPA-rich
(n = 112)
Sub Samples
NIRS
(n = 26)
Sleep*
(n = 30)
Memory Consolidation
(n = 56)
NIRS
(n = 26)
Sleep*
(n = 30)
Memory Consolidation
(n = 57)
NIRS
(n = 26)
Sleep*
(n = 30)
Memory Consolidation
(n = 56)
Withdrawn (n = 11)
Lost to follow up (n = 6)
BMI >35 (n = 1)
Pregnancy (n = 1)
Stomach upset (n = 1)
Personal reasons (n = 2)
Withdrawn (n = 8)
Lost to follow up (n = 5)
BMI >35 (n = 1)
Stomach upset (n = 1)
Personal reasons (n = 1)
Withdrawn (n = 8)
Lost to follow up (n = 3)
Adverse event (n = 1)
Unforeseen circumstances (n = 1)
Unrelated illness (n = 1)
Personal reasons (n = 2)
Completed
n = 101
Completed
n = 105
Completed
n = 104