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)

Training Completed (n = 350)

Lost to Follow up (n = 13)

Randomized (n = 337)

Cognitive Function

Placebo (n = 112)

- 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Withdrawn (n = 11)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)

Completed n = 101

DHA-rich (n = 113)

- NIRS (n = 26)
- Sleep* (n = 30)
- Memory Consolidation (n = 57)

Withdrawn (n = 8)
- Lost to follow up (n = 5)
- BMI >35 (n = 1)
- Stomach upset (n = 1)
- Personal reasons (n = 1)

Completed n = 105

EPA-rich (n = 112)

- NIRS (n = 26)
- Sleep* (n = 30)
- Memory Consolidation (n = 56)

Withdrawn (n = 8)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 = 104