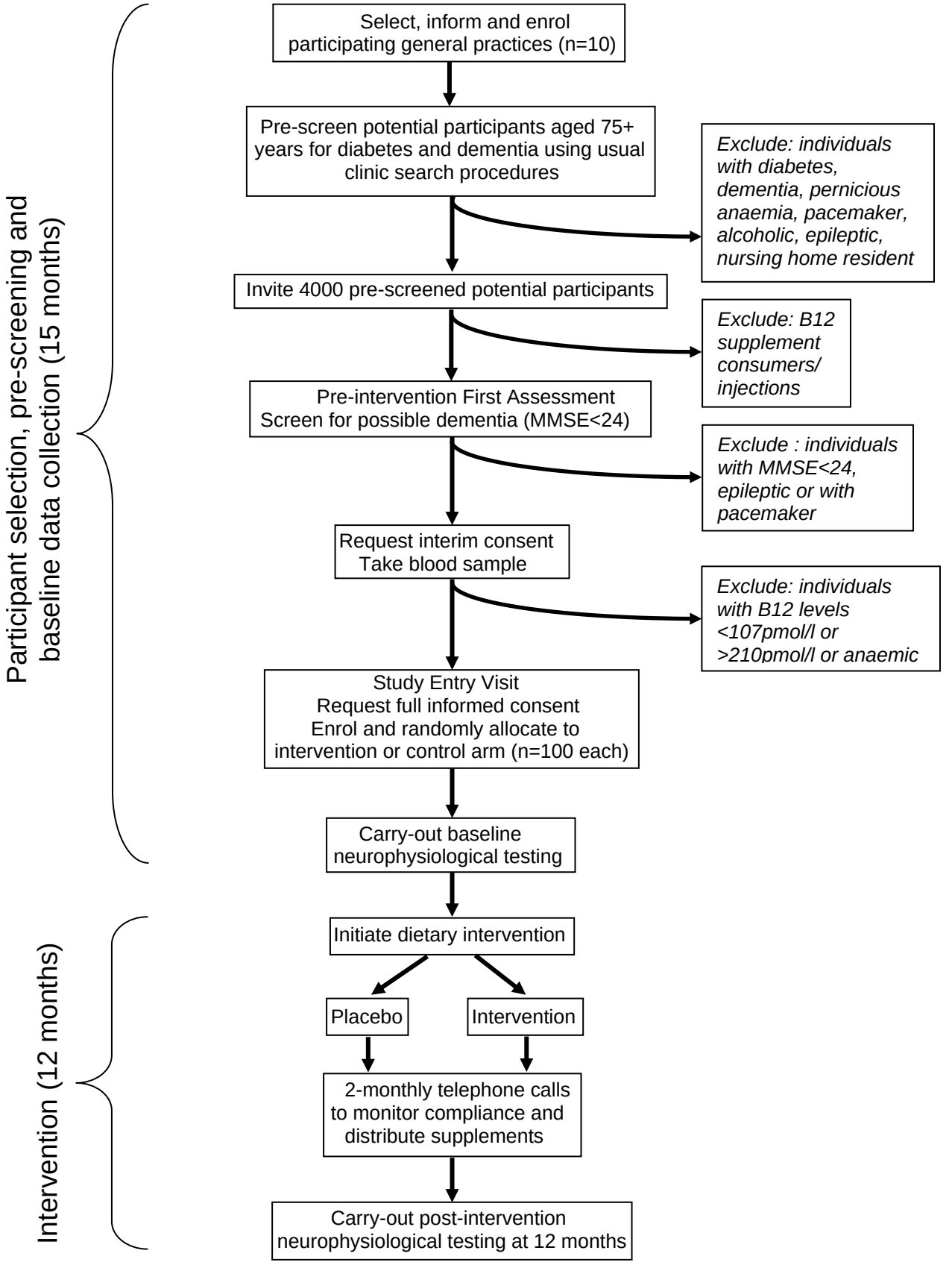
Participant selection, pre-screening and baseline data collection (15 months)
Intervention (12 months)
Select, inform and enrol participating general practices (n=10)
Pre-screen potential participants aged 75+ years for diabetes and dementia using usual clinic search procedures
Exclude: individuals with diabetes, dementia, pernicious anaemia, pacemaker, alcoholic, epileptic, nursing home resident
Invite 4000 pre-screened potential participants
Exclude: B12 supplement consumers/ injections
Pre-intervention First Assessment
Screen for possible dementia (MMSE<24)
Exclude : individuals with MMSE<24, epileptic or with pacemaker
Request interim consent
Take blood sample
Exclude: individuals with B12 levels <107pmol/l or >210pmol/l or anaemic
Study Entry Visit
Request full informed consent
Enrol and randomly allocate to intervention or control arm (n=100 each)
Carry-out baseline neurophysiological testing
Initiate dietary intervention
Placebo
Intervention
2-monthly telephone calls to monitor compliance and distribute supplements
Carry-out post-intervention neurophysiological testing at 12 months