843 people responded in total
528 responded to GP letter
315 to other methods

226 consented to participate

617 were excluded
- Not aged between 65 and 85 (6)
- Current consumption of micronutrients or fish oil dietary supplements or within the previous 3 months (389)
- Hospitalized within the previous year (61)
- Severe illness or taking treatment likely to influence immune response (12)
- Insulin dependent diabetic (9)
- Consumption of more than 3 portions of fruit and vegetables a day (102)
- Had a tetanus vaccination in previous 5 years (16)
- Unable to comply with intervention/Any other reason (28)

4 withdrew after randomisation before assessment 1

5 withdrew before randomisation before assessment 1

217 attended assessment 1

7 dropped out before assessment 2

210 attended assessment 2

1 dropped out before assessment 3

209 attended assessment 3