Total number of citations retrieved and screened; \( n = 398 \)

Excluded citations: 1\textsuperscript{st} round exclusion
- Non RCT study design; \( n = 79 \);
- Participants with renal impairment, liver disease or malignancy; \( n = 51 \);
- Mean age \( \leq 60 \) years; \( n = 46 \);
- Participants with CVD or CVD risk factors; \( n = 40 \);
- Dietary studies; e.g. fish intake or functional food containing EPA and/or DHA; \( n = 27 \);
- Case studies and/or review articles; \( n = 13 \);
- Duplicates; \( n = 12 \);
- Enteral or TPN route of administration; \( n = 11 \);
- Non fish oil administration; \( n = 3 \);
- Non-English language; \( n = 2 \);
- Cost effective analysis; \( n = 1 \)

Total number of citations maintained for second round of screening; \( n = 113 \)

Excluded citations: 2\textsuperscript{nd} round exclusion
- Mean age \( \leq 60 \) years; \( n = 76 \);
- Dietary studies; e.g. fish intake or functional food containing EPA and/or DHA; \( n = 14 \);
- Non RCT study design; \( n = 3 \);
- Non placebo controlled (e.g. no active matched control); \( n = 2 \);
- Enteral or TPN route of administration; \( n = 1 \)

RCTs retained and reviewed; \( n = 17(10) \)