Assessed for eligibility
n = 374

Randomized
n = 126

Ineligible (n = 168)
Unable to screen (n = 50)

Control
n = 42; 71% female

Fish
n = 43; 79% female

Fish + S
n = 41; 71% female

Baseline
n = 39; 72% female

3 months review
n = 29; 72% female

12 months review
n = 18; 67% female

Withdrawn
n = 3

Withdrawn
n = 10

Withdrawn
n = 11

Total Withdrawn n = 24 (57%)
5 Unable to comply to study protocol
9 personal reasons
2 family health issues
1 loss to follow up
3 other time commitment
4 moved out of area

Total Withdrawn n = 18 (42%)
6 Unable to comply to study protocol
6 personal reasons
1 family health issues
2 loss to follow up
3 other time commitment

Total Withdrawn n = 20 (49%)
3 Unable to comply to study protocol
3 personal reasons
3 family health issues
4 loss to follow up
5 other time commitment
2 no reason given