Completed Baseline assessment: requested full informed consent. Random allocation of health centres (clusters) 5 centres in each of 3 study arm from each arm 40 subjects were randomly selected to perform Neurophysiology and Cognitive tests.  
(n=100 each) sub group n=40 per arm neurophysiology testing

Initiate dietary intervention. Monthly distribution of milk based drink and pills.

Fortified drink Placebo pill

Unfortified drink

B-12 pill

Unfortified drink Placebo pill

At 4 months: Blood sample (B-12 status) in all subjects. Neurophysiology in 40 per arm.

At 9 months blood sample (B-12 status) in all subjects. Evaluate health status, anthropometry, MMSE, GDS15, diet, demographic status and socioeconomic level.

At 18 months blood sample (B-12 status) in all subjects. Evaluate health status, anthropometry, MMSE, GDS15, diet Neurophysiology and cognitive testing in 40 per arm.