Assessed for eligibility n= 93

Excluded n=65
1. Scores < 17 on PSS n=47
2. Not meeting eligibility criteria n=9
3. Refused to cease all other supplements for trial duration n=7
4. Medical reasons n=2

Randomised n=30

Active (fish oil) n=16
1) Received allocated intervention n=16
2) Did not receive allocated intervention n=0

1) Lost to follow up n=1
   Reason: did not return questionnaire at Time 2.
2) Discontinued intervention n=1.
   Reason: illness

Analysed n=16

Placebo (Olive oil) n=14
1) Received allocated intervention n=14
2) Did not receive allocated intervention n=0

1) Lost to follow up n=1
   Reason: did not return questionnaire at Time 2.
2) Discontinued intervention n=4
   Reasons: Illness n=3
   Difficulty swallowing n=1

Analysed n=14