Select, inform and enrol participating general practices (n=20)

Pre-screen potential participants aged 70-79 years for diabetes and dementia using clinic records and computer identifier programme

Exclude: individuals with diabetes or dementia

Write to ~4500 pre-screened potential participants inviting them to attend general practice

Exclude: daily fish oil supplement consumers

Pre-intervention clinic attendance
Screen for possible dementia (MMSE <24)

Exclude: individuals with MMSE <24

Request full informed consent for cognitive function testing

Carry-out baseline cognitive function testing

Screen for eye health

Exclude: individuals with poor eye health

Request full informed consent for retinal function testing
Enrol and randomly allocate to intervention or control arm (n=28 each)

Carry-out baseline retinal function testing

Initiate dietary intervention

Placebo Intervention

7x3-monthly repeat visits to distribute supplements and monitor compliance

Carry-out post-intervention retinal and cognitive function testing at 24 months