Assessed for eligibility (n=96)

Excluded (n=36)
- Not meeting inclusion criteria (n=36)
- Declined to participate (n=0)
- Other reasons (n=0)

Randomized (n=60)

Group 1
(3 g n-3 LC-PUFA/d)
- Allocated to intervention (n=15)
  - Received allocated intervention (n=15)
  - Did not receive allocated intervention (give reasons) (n=0)
- Discontinued intervention (give reasons) (n=1)
  - Effort of capsules intake
- Analysed (n=14)
  - Excluded from analysis (give reasons) (n=0)

Group 2
(3 g GLA/d)
- Allocated to intervention (n=15)
  - Received allocated intervention (n=15)
  - Did not receive allocated intervention (give reasons) (n=0)
- Discontinued intervention (give reasons) (n=7)
  - Effort of capsules intake (n=4)
  - Unsavoury aftertaste after capsules intake (n=3)
- Analysed (n=8)
  - Excluded from analysis (give reasons) (n=0)

Group 3
(1.6 g n-3 LC-PUFA + 1.8 g GLA/d)
- Allocated to intervention (n=15)
  - Received allocated intervention (n=15)
  - Did not receive allocated intervention (give reasons) (n=0)
- Discontinued intervention (give reasons) (n=2)
  - Effort of capsules intake (n=2)
- Analysed (n=13)
  - Excluded from analysis (give reasons) (n=0)

Group 4
(3 g olive oil/d)
- Allocated to intervention (n=15)
  - Received allocated intervention (n=15)
  - Did not receive allocated intervention (give reasons) (n=0)
- Discontinued intervention (give reasons) (n=3)
  - Effort of capsules intake (n=2)
  - Contempt against eligibility criteria (n=1)
- Analysed (n=12)
  - Excluded from analysis (give reasons) (n=0)