**Appendix Table H4. Characteristics of eligible studies: Intervention type in adults with MCI**

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| **Nutraceutical Intervention Type** | **Study****DesignCountry****RoB** | **N=** | **Population****Inclusion****Age (mean)****Sex (% female)****Race (% White)****Education (mean years)** **Baseline Cognition** | **Intervention****Mode****Components****Frequency****Duration** | **Comparison****Mode****Components****Frequency****Duration** | **Outcome** **Timing** | **Outcome** **Domain [Instrument]** |
| **Omega 3 fatty acids efficacy** | Lee, 201321RCTMalaysiaMedium | 36 | Low SES people aged 60+ with MCIMean age (SD): 65 (4) years77% femaleRace not reportedMean education (SD): 5.9 (3) yearsMean MMSE (95% CI): 26.7 (25.7-27.5) | Omega 3 fatty acids (DHA 430 mg and EPA 150 mg) daily for 1 year | Placebo capsules daily for 1 year | 1 year | Brief Cognitive Test Performance [MMSE]Executive/Attention/Processing Speed [Executive Function Attention Composite][DSST] [DS Forward] [DS Backward]Memory [Memory Composite] [VR I] [VR II] [RAVLT, Immediate Recall] [RAVLT, Delayed Recall]Visuospatial [Visuospatial Skills Composite] [Clock Drawing Test] [Matrix Reasoning] [Block Design] |
| **Ginkgo biloba efficacy** | Gavrilova, 201422RCTRussiaLow | 160 | People with MCI who scored at least 6 on the 12-item Neuropsychiatric Inventory (NPI)Mean age (SD): 64 (7)62% femaleRace not reportedMean education (SD): 9.7 (0.9) yearsMean MMSE (SD): 25.7 (1.4) | Ginkgo biloba (EGb 761) 240 mg daily for 6 months | Placebo tablet for 6 months | 6 months | Executive/Attention/Processing Speed [TMT A] [TMT B] |
| DeKosky, 200814RCTUSAMedium | 3069 (total) 482 MCI | For full sample:Community-dwelling participants aged 72 to 96 years; 15% baseline MCI Mean age (SD): 79.1 (3.3) years46% female95% whiteEducation mean (SD): 14.4 (3) yearsMean 3MSE (SD): 93.4 (4.7) | Ginkgo biloba extract 120 mg twice daily for a median of 6.1 years | Identical appearing placebo for a median of 6.1 years | Global cognition: average annual change reported | Diagnosis: Incident Dementia & AD (5 categories) |
| **Omega 3 fatty acids comparative effectiveness** | Sinn, 201123RCTAustraliaHigh | 50 | People aged 65+ with MCIMean age (SD): 74 (5) years33% femaleRace not reportedAverage education: slightly under year 12Mean MMSE (SD): 27 (2.5) | Omega 3 supplementation Diet rich in EPA (1.67 g EPA + 0.16 g DHA daily) or DHA (1.55 DHA + 0.40 g EPA daily) or n-6 PUFA linoleic acid (PUFA linoleic acid 2.2 g) daily for 6 months | Other groups (a diet rich in EPA, or DHA, or 6-6 PUFA linoleic acid) | 6 months | Executive/Attention/Processing Speed [DS Forward] [DS Backward] [Letter-Number Sequencing] [TMT A] [TMT B] [SCWT]Memory [RAVLT]Language [Verbal Fluency] |

AD=Alzheimer’s disease; DHA= docosahexaenoic acid; DS=Digit Span (Forward and/or Backward); EPA=eicosapentaenoic acid; g=grams; MCI=mild cognitive impairment; MMSE=Mini-Mental Status Examination; N=sample size; NR=not reported; PUFA=polyunsaturated fatty acids; RAVLT=Rey’s Auditory Verbal Learning Test; RCT=randomized controlled trial; RoB=risk of bias; SCWT=Stroop Color Word Test; SD=standard deviation; VR=Rerbal Recognition