

Total number of citations retrieved and screened; $n = 398$



Excluded citations: 1st round exclusion

Non RCT study design; $n = 79$;
Participants with renal impairment, liver disease or malignancy; $n = 51$;
Mean age ≤ 60 years; $n = 46$;
Participants with CVD or CVD risk factors $n = 40$;
Dietary studies; e.g. fish intake or functional food containing EPA and/or DHA; $n = 27$;
Case studies and/or review articles; $n = 13$;
Duplicates; $n = 12$;
Enteral or TPN route of administration; $n = 11$;
Non fish oil administration; $n = 3$;
Non-English language; $n = 2$;
Cost effective analysis; $n = 1$

Total number of citations maintained for second round of screening; $n = 113$



Excluded citations: 2nd round exclusion

Mean age ≤ 60 years; $n = 76$;
Dietary studies; e.g. fish intake or functional food containing EPA and/or DHA; $n = 14$;
Non RCT study design; $n = 3$;
Non placebo controlled (e.g. no active matched control); $n = 2$;
Enteral or TPN route of administration; $n = 1$

RCTs retained and reviewed;
 $n = 17(10)$



