

Study	Journal	Subjects	DHA/day	Primary Outcome	Conclusion	Inclusion in Analysis
Freund-Levy et al, 2006	JAMA Neurology	204	1,700mg/day	MMSE, ADAS-COG	AD: No Benefit Mild AD: Benefit	Alzheimer's Group excluded, Mild Alzheimer's Included
Sinn et al, 2012	British Journal of Nutrition	50	1,550mg	Memory Functioning Questionnaire, Rey Auditory Verbal Learning Test, Wechsler Adult Intelligence Scale (WAIS III) Digits Forward, WAIS III Letter-Numbering Sequence, WAIS III Digits Backward, Boston Naming Task, Trail-Making Task, Stroop Colour-Word Test, Verbal Fluency	Benefit	Included
Lee et al, 2013	Psychopharmacology	36	1,290mg	Visual reproduction from Wechsler Memory Scale–Revised (WMS-R), Rey Auditory Verbal Learning Test (RAVLT), Digit span backward from Wechsler Adult Intelligent Scale - Revised (WAIS-R), Clock drawing test (CDT), Digit span forward (WAIS-R), Digit symbol substitution test from WAIS-III, Matrix reasoning and Block design from WAIS-III, MMSE	Benefit	Included
Pardini et al, 2015	Neurodegenerative Diseases	26	1,200mg	Neuropsychiatric Inventory (NPI), Frontal Assessment Battery (FAB), Reading the Mind in the Eyes Test (RMET), Clinical Global Impression Severity (CGI-S)	Benefit	Included
de Waal et al, 2014	PLoS One	179	1,200mg	Electroencephalography of brain network (EEG)	Benefit	Included
Scheltens et al, 2014	Journal of Alzheimer's Disease	259	1,200mg	Neuropsychological Test Battery (NTB)	Benefit	Included
Stonehouse et al, 2013	American Journal of Clinical Nutrition	176	1,160mg	Episodic memory, working memory, reaction time	Benefit	Included

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Strike et al, 2015	The Journals of Gerontology Series A	27	1000mg	Psychomotor Response Latency (MOT), Executive Function, Verbal Recognition Memory (VRM), Paired Associate Learning (PAL)	Benefit	Included
Yurko-Mauro et al, 2010	Alzheimer's & Dementia	485	900mg	Paired Associate Learning (PAL)	Benefit	Included
Quinn et al, 2010	JAMA	295	900mg	ADAS-Cog, Clinical Dementia Rating (CDR)	No Benefit	Excluded, patients diagnosed with mild-to-moderate moderate Alzheimer's
Witte et al, 2014	Cerebral Cortex	65	880mg	verbal fluency, trail making test (TMT) part A and B, Stroop Color-Word test, auditory verbal learning task (AVLT), and forward and backward digit spans	Benefit	Included
Rogers et al, 2008	British Journal of Nutrition	190	850mg	Simple reaction time, lexical decision, digit-symbol substitution, impulsivity, N-Back	No Benefit	Included
van de Rest et al, 2008	Neurology	302	847mg	Word Learning Test, forward test of the Wechsler Digit Span Task, Trail Making Test version A, Stroop Color-Word Test, Verbal Fluency Test	No Benefit	Included
Johnson et al, 2008	Nutritional Neuroscience	57	800mg	Verbal Fluency, Digit Span Forward and Backward, Shopping List Task, Word List Memory Test, Memory in Reality Apartment Test, NES2 Pattern Comparison Test, Stroop Test, NES2 Mood Scales	Benefit	Included

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Rondanelli et al, 2012	Nutritional Neuroscience	25	720mg	MMSE, digit span; verbal span; Corsi's test, Rey's auditory-verbal learning test (RAVLT), 'short story' test, Rey-Osterrieth complex figure (recall), attentive matrices, Weigl's sorting test, phonological fluency 'FAS', Rey-Osterrieth complex figure, semantic fluency	Benefit	Included
Chiu et al, 2008	Progress in Neuro-Psychopharmacology & Biological Psychiatry	35	720mg	Alzheimer's Disease Assessment Scale (ADAS-cog), Clinician's Interview-Based Impression of Change (CIBIC-plus)	MCI: Benefit AD: No Benefit	Included Mild Cognitive Impairment group, excluded Alzheimer's group
Shinto et al, 2014	Journal of Alzheimer's Disease	39	675mg	Mini-Mental State Examination (MMSE), Activities of Daily Living/Instrumental Activities of Daily Living (ADL/IADL), and Alzheimer Disease Assessment Scale-cognitive subscale (ADAS-cog)	Benefit	Excluded, all patients diagnosed with Alzheimer's disease
Dangour et al, 2010	American Journal of Clinical Nutrition	867	500mg	California Verbal Learning Test (CVLT)	No Benefit	Included
Karr et al, 2012	Experimental & Clinical Psychopharmacology	41	480mg	Rey Auditory Verbal Learning Test (RAVLT), Stroop Color and Word Test (SCWT), Trail Making Test (TMT), Positive and Negative Affect Schedule (PANAS)	No Benefit	Included

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Jackson et al, 2012	British Journal of Nutrition	140	450mg	Immediate Word Recall, Simple Reaction Time, Choice Reaction Time, Four-Choice Reaction, Stroop Color and Word Test, Verbal Fluency, Numeric Working Memory, Alphabetic Working Memory, Corsi Blocks Task, Three-Back Task, Telephone Number Working Memory Task, Delayed Word Recall, Delayed Word Recognition, Delayed Picture Recognition, Names-to-Faces Recall	No Benefit	Included
Benton et al, 2012	British Journal of Nutrition	300	400mg	Recall of Word Test, Recall of Capitals Test, Reaction Times, Rapid Information Processing Task	No Benefit	Included
Cukierman-Yaffe et al, 2014	Lancet Diabetes & Endocrinology	11,685	375mg	MMSE, DSS	No Benefit	Included
Chew et al, 2015	JAMA	3,501	350mg	Telephone Interview for Cognitive Status (TICS)	No Benefit	Included
Stough et al, 2012	Neurobiology of Aging	74	252mg	Cognitive Drug Research (CDR) outcomes	No Benefit	Included
Nilsson et al, 2012	Nutrition Journal	40	250mg	Working memory, selective attention	Benefit	Included
Jaremka et al, 2014	Psychosomatic Medicine	138	250mg	California Verbal Learning Test, Second Edition (CVLT-II) verbal episodic memory, Wechsler Memory Scale Third Edition working memory, Digit Span and Letter-Number Sequencing, Trail Making Task, Controlled Oral Word Association Task	Benefit	Included

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Jackson et al, 2012	British Journal of Nutrition	140	200mg	Immediate Word Recall, Simple Reaction Time, Choice Reaction Time, Four-Choice Reaction, Stroop Color and Word Test, Verbal Fluency, Numeric Working Memory, Alphabetic Working Memory, Corsi Blocks Task, Three-Back Task, Telephone Number Working Memory Task, Delayed Word Recall, Delayed Word Recognition, Delayed Picture Recognition, Names-to-Faces Recall	No Benefit	Included
Andreeva et al, 2011	American Journal of Clinical Nutrition	1,748	200mg	Modified Telephone Interview for Cognitive Status (F-TICS-m)	No Benefit	Included
van de Rest et al, 2008	Neurology	302	176mg	Word Learning Test, forward test of the Wechsler Digit Span Task, Trail Making Test version A, Stroop Color-Word Test, Verbal Fluency Test	No Benefit	Included
Geleijnse et al, 2012	Alzheimer's & Dementia	2,911	160mg	MMSE	No Benefit	Included
Sinn et al, 2012	British Journal of Nutrition	50	160mg	Memory Functioning Questionnaire, Rey Auditory Verbal Learning Test, Wechsler Adult Intelligence Scale (WAIS III) Digits Forward, WAIS III Letter-Numbering Sequence, WAIS III Digits Backward, Boston Naming Task, Trail-Making Task, Stroop Colour-Word Test, Verbal Fluency	No Benefit	Included
Jaremka et al, 2014	Psychosomatic Medicine	138	125mg	California Verbal Learning Test, Second Edition (CVLT-II) verbal episodic memory, Wechsler Memory Scale Third Edition working memory, Digit Span and Letter-Number Sequencing, Trail Making Task, Controlled Oral Word Association Task	No Benefit	Included

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Kotani et al, 2006	Neuroscience Research	21	120mg	Repeatable battery for assessment of neuropsychological status (RBANS)	Benefit	Included
Vakhapova et al, 2010	Dementia and Geriatric Cognitive Disorders	131	60mg (PL)	Rey Auditory Verbal Learning Test, Rey Complex Figure Test (RCFT), Clinical Global Impression of Change, NexAde Cognitive Assessment Tool	Benefit	Excluded, phospholipid form of DHA
Richter et al, 2010	Clinical Interventions in Aging	8	25mg (PL)	Cognitive Drug Research (CDR) battery	Benefit	Excluded, phospholipid form of DHA