

## Supplementary Tables 1

S. Table 1: (A) Fatty Acid composition of DHA and placebo,

| Fatty Acid Composition (%) |      |         |
|----------------------------|------|---------|
|                            | DHA  | Placebo |
| 14:0                       | 5.4  | <0.1    |
| 16:0                       | 16.2 | 11.2    |
| 18:0                       | 0.5  | 2.7     |
| 18:1n-9                    | 4.5  | 22.8    |
| 18:2n-6                    | 0.5  | 54.0    |
| 18:3n-3                    | <0.1 | 4.3     |
| 20:5n-3 EPA                | 1.7  | <0.1    |
| 22:0                       | <0.1 | 0.2     |
| 22n:5n-3                   | 0.6  | <0.1    |
| 22:5n-6 DPA                | 19.4 | <0.1    |
| 22:6n-3 DHA                | 43.7 | <0.1    |

(B) Vitamin B complex composition

| Ingredients                  | Amount      |
|------------------------------|-------------|
| Vitamin B6 (pyridoxine HCl)  | 50 mg       |
| Folate                       | 666 mcg DFE |
| Folic Acid                   | 400 mcg     |
| Vitamin B12 (cyanocobalamin) | 500 mcg     |
| Trimethylglycine             | 1000 mg     |
| Pyridoxal-5-phosphate        | 6 mg        |