

7482 letters sent from GPs
200 letters sent from call centre
Other methods of recruitment



843 people responded in total
528 responded to GP letter
315 to other methods

226 consented to participate

617 were excluded

4 withdrew after
randomisation before
assessment 1

5 withdrew before
randomisation before
assessment 1

217 attended assessment 1

7 dropped out before
assessment 2

210 attended assessment 2

1 dropped out before
assessment 3

209 attended assessment 3

Reasons for exclusion

- Not aged between 65 and 85 (6)
- Current consumption of micronutrients or fish oil dietary supplements or within the previous 3 months (389)
- Hospitalized within the previous year (61)
- Severe illness or taking treatment likely to influence immune response (12)
- Insulin dependent diabetic (9)
- Consumption of more than 3 portions of fruit and vegetables a day (102)
- Had a tetanus vaccination in previous 5 years (16)
- Unable to comply with intervention/Any other reason (28)