

Completed Baseline assessment: requested full informed consent.
Random allocation of health centres (clusters)
5 centres in each of 3 study arm from each arm 40 subjects were
randomly selected to perform Neurophysiology and Cognitive tests.
(n=100 each) sub group n=40 per arm neurophysiology testing



Initiate dietary intervention.
Monthly distribution of milk based drink and pills.

Fortified drink
Placebo pill

Unfortified drink
B-12 pill

Unfortified drink
Placebo pill

At 4 months: Blood sample (B-12 status) in all subjects.
Neurophysiology in 40 per arm.

At 9 months blood sample (B-12 status) in all subjects.
Evaluate health status, anthropometry, MMSE, GDS15, diet, demographic
status and socioeconomic level.

At 18 months blood sample (B-12 status) in all subjects.
Evaluate health status, anthropometry, MMSE, GDS15, diet
Neurophysiology and cognitive testing in 40 per arm.