Appendix 4 (as supplied by the authors): forest plots

**Figure S1. Forest Plot: Effect of non-pharmacological interventions on Cognition assessed with ADAS-Cog**

<table>
<thead>
<tr>
<th>Study or Subgroup</th>
<th>Intervention Mean</th>
<th>Intervention SD</th>
<th>Control Mean</th>
<th>Control SD</th>
<th>Total Weight</th>
<th>Mean Difference IV, Random, 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suzuki, 2013</td>
<td>0.8</td>
<td>2.083</td>
<td>-0.2</td>
<td>2.038</td>
<td>45</td>
<td>100.0% [-1.4421, 0.2421]</td>
</tr>
<tr>
<td>Total (95% CI)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>45</td>
<td>100.0% [-1.4421, 0.2421]</td>
</tr>
</tbody>
</table>

Heterogeneity: Not applicable
Test for overall effect: Z = 1.40 (P = 0.16)

**Figure S2. Forest Plot: Effect of Dietary supplements/Vitamins on Cognition assessed with ADAS-Cog**

<table>
<thead>
<tr>
<th>Study or Subgroup</th>
<th>Intervention Mean</th>
<th>Intervention SD</th>
<th>Control Mean</th>
<th>Control SD</th>
<th>Total Weight</th>
<th>Mean Difference IV, Random, 95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Petersen, 2005</td>
<td>4.59</td>
<td>6.54</td>
<td>3.74</td>
<td>6.97</td>
<td>259</td>
<td>100.0% [-0.3161, 2.0161]</td>
</tr>
<tr>
<td>Total (95% CI)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>259</td>
<td>100.0% [-0.3161, 2.0161]</td>
</tr>
</tbody>
</table>

Heterogeneity: Not applicable
Test for overall effect: Z = 1.43 (P = 0.15)
Figure S3. Forest Plot: Effect of non-pharmacological interventions on Cognition assessed with MMSE

Figure S4. Forest Plot: Effect of Dietary supplements/ Vitamins on Cognition with MMSE

List of studies:


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