**Appendix Table L7. Strength of evidence assessments: vitamins vs. inactive control in adults with MCI**

| **Vitamin Intervention Type** | **Outcome** | **# Trials (n)** | **Evidence Summary**  **Summary statistics**  **[95% CI]** | **Study Limitations** | **Directness** | **Precision** | **Consistency** | **Reporting Bias** | **Optional Components** | **SOE** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Vitamin E vs. placebo** | Dementia  Peterson 200529: 3 years | 1 (516) | 2 tests showed no statistically significant decrease in diagnosis of Alzheimer’s disease with vitamin E,  Diagnosis, between groups probability of progression to Alzheimer’s disease  HR=1.02 [0.74 to  1.41] p=0.91  CDR Sum of Boxes, between groups change from baseline (z-score)\*  0.03 [NR] | Medium | Direct | Imprecise | Consistent | Undetected | NA | Low |
| Brief Cognitive Test Performance | 1 (516) | 1 test showed no statistically significant improvement with vitamin E  MMSE, between groups change from baseline (z-score)\*  0.55 [NR] | Medium | Indirect | Imprecise | Unknown | Undetected | NA | Insufficient |
| Multidomain Neuropsychological Performance | 1 (516) | 1 test showed no statistically significant improvement with vitamin E  ADAS-Cog, between groups change from baseline (z-score)\*  0.85 [NR] | Medium | Indirect | Imprecise | Unknown | Undetected | NA | Insufficient |
| Executive/  Attention/  Processing Speed | 1 (516) | 1 composite test showed no statistically significant improvement with vitamin E  Composite, between groups change from baseline (z-score)\*  0.0 [NR] | Medium | Indirect | Imprecise | Unknown | Undetected | NA | Insufficient |
| Memory | 1 (516) | 1 composite test showed no statistically significant improvement with vitamin E  Composite, between groups change from baseline (z-score)\*  -0.03 [NR] | Medium | Indirect | Imprecise | Unknown | Undetected | NA | Insufficient |
| Adverse Effects | 1 (516) | No significant difference between groups for withdrawals  28% vs. 25%\*  RR\*=1.10 [0.83 to 1.46] p=0.52 | Medium | Direct | Imprecise | Unknown | Undetected | NA | Low |

\*calculated by EPC

ADAS-Cog=Alzheimer's Disease Assessment Scale-Cognitive Subscale; CDR=Clinical Dementia Rating; HR=hazard ratio; k=number of studies; MMSE= Mini-Mental Status Exam; n=sample size; NA=not applicable; NR=not reported; RR=relative risk