Enrollment

Assessed for eligibility (n=202)

Excluded (n=39)
- Not meeting inclusion criteria (n=31)
- Declined to participate (n=6)
- Other reasons (n=2)

Randomized (n=163)

Allocation

Allocated to the IFCA group (n=83)
- Received Zhizhu pills (containing IFCA) (n=83)
- Did not receive Zhizhu pills (containing IFCA) (give reasons) (n=0)

Allocated to the IFCS group (n=80)
- Received Zhizhu pills (containing IFCS) (n=80)
- Did not receive Zhizhu pills (containing IFCS) (give reasons) (n=0)

Follow-Up

Lost to follow-up (give reasons) (n=0)
Discontinued intervention (give reasons) (n=1)

Lost to follow-up (give reasons) (n=0)
Discontinued intervention (give reasons) (n=2)

Analysis

Analysed (n=82)
- Excluded from analysis (give reasons) (n=0)

Analysed (n=78)
- Excluded from analysis (give reasons) (n=0)