Assessed for eligibility (n = 120)

Failed to meet entry criteria (n = 2)

Randomized (n = 118)

Allocated to placebo (n = 59)

Protocol 1 (n = 59)

Discontinued due to dislike (n = 13)

Protocol 2 (n = 46)

Analysed (n = 46)

Allocated to Ginger (n = 59)

Protocol 1 (n = 59)

Discontinued (n = 0)

Protocol 2 (n = 59)

Analysed (n = 59)