Figure 1  Points of data capture (unit: month)

Control group:
- Placebo, seven tablets each dose before meal, twice daily, taken for twelve months, interview monthly
- the 2nd, 6th, 12th month after intervention

Treatment group:
- QJIT, twice daily, seven tablets each dose before meal, taken for twelve months, interview monthly
- the 2nd, 6th, 12th month after intervention

Screening period: -0.5
Intervention period: 0-12
Period after intervention: 13-24
Data collection
Outcome measures